

Chapter - 8
Angika Abhinaya and
Labanotation

ANGAS :

These comprise: Head, Chest, Hands, Sides, Waist, Feet, Shoulders, Neck

1. Head Movement (Shirobheda) (according to AD)

In Laban the symbol for Head is C and for the facing 

No.	Name	Explanation	In Symbols
1.	Sama	Straight	 
2.	Udvahitam	Up (face & head)	 
3.	Adhomukha	Down (face & head)	 
4.	Alolita	Rotating	 
5.	Dhutam	Side to side	 
6.	Kampitam	Up & down (quickly)	 
7.	Paravrittam	Side low (left)	 
8.	Ukshiptam	Side high (R)	 
9.	Parivahitam	Side (R&L) (head)	 

2. Chest Movement (Vakshobheda) (according to SR)

The symbol for chest in Labanotation is . Movements of the chest according to Laban are;



Chest Facing :



No.	Name	Explanation	In Symbols
1.	Sama	Normal position i.e. straight	 
2.	Abhugna	Sunken and relaxed	   
3.	Nirbhugna	Steady and raised	  
4.	Prakampita	Thrown upwards and shaken	  
5.	Udvahita	Lightly raised upwards	  

3. Side Movement (Parsvabheda) (according to SR)

The symbol for side in Labanotation is . Movements of the side according to Laban are ;



Front



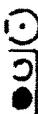
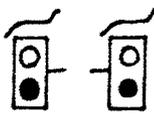
Back



Right



Left

No.	Name	Explanation	In Symbols
1.	Vivartita	Turning aside.	
2.	Apasrta	Opposite to <i>vivartita</i> .	
3.	Prasarita	Stretching both the sides.	
4.	Nata	Hips and shoulders are bent.	
5.	Unnata	Reverse of <i>nata</i> .	

4. Waist Movement (Katibheda) (according to SR)

Symbol for Waist, according to Labanotation is . Movements of the waist according to Laban are ;



Front



Back



Right



Left

No.	Name	Explanation	In Symbols
1.	Kampita	Quick movements side to side	
2.	Udvahita	Slowly raised side to side.	
3.	Chinna	Turning the middle of the body obliquely on the sides.	
4.	Vivrtta	Facing front with side turned away.	
5.	Recita	Rotating the hips on all sides.	

5. Shoulder Movement (Skandhabheda) (according to SR)

According to Labanotation, symbol for shoulder is ;



Right shoulder

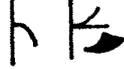
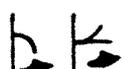
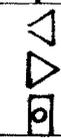
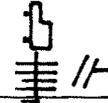


Left shoulder



Both shoulders

No.	Name	Explanation	In Symbols
1.	Ekocca (one raised)	Striking with the fist.	
2.	Kamalagna	Touching the ear.	
3.	Ucchrita	Stretched upwards.	

7.	Tadita	Heel on the ground, fore part strikes the ground.	
8.	Ghatitot-sedha	Striking the ground with fore part and heels.	
9.	Ghattita	Foot strikes the ground with the heel.	
10.	Mardita	Sole rubs against the ground crosswise.	
11.	Agraga	Slipping the foot, forward quickly.	
12.	Parsniga	Moving backwards on the heels.	
13.	Parsvaga	Foot stands on its side or moves to the side.	

7. Hand Gestures (Hastabheda) (according to AD)

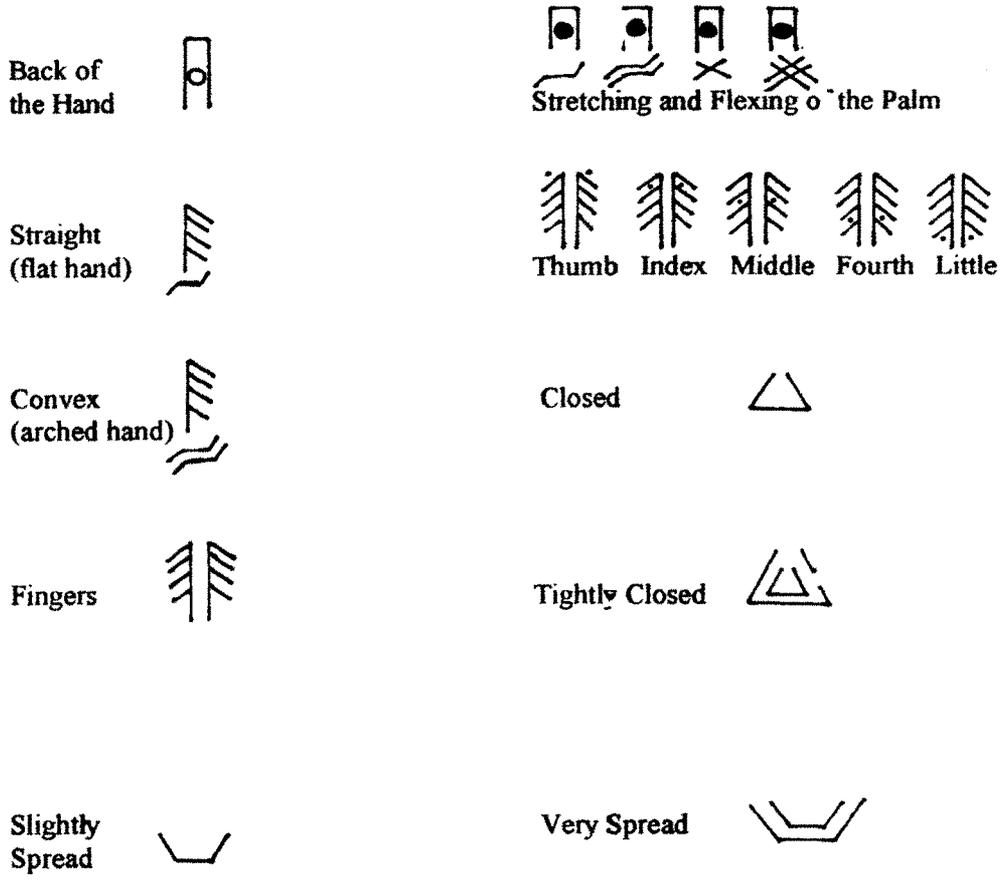
General symbols according to Labanotation for Hands and areas connected to it.

Hand 

Palm 

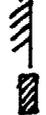
Flexing of Hand 

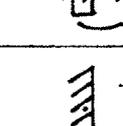
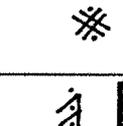
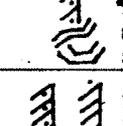
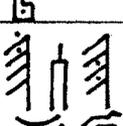
Facing of the Palm 



a) Single Hand Gestures (Asamyuta Hastas) (according to AD)

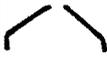
No.	Name	Explanation	In Symbols
1.	Pataka (flag)	The hand in which the palm is stretched with the fingers extended and the thumb bends touching the side of the palm.	
2.	Tripataka (a flag with three)	When the ring-finger is bent in a <i>pataka</i> hand.	
3.	Ardhapataka (half-flag)	When the little finger of the <i>tripataka</i> hand is also bent down.	

4.	Kartarimukha	When the forefinger and the middle finger of the same hand are stretched to form a 'V' and the thumb touches the bent ring and little fingers.		
5.	Mayura (Peacock)	When the tip of the ring-finger of the <i>tripataka</i> hand touched the thumb and other fingers are extended.		
6.	Ardhacandra (half-moon)	When the thumb of the <i>pataka</i> hand is stretched out.		
7.	Arala (bent)	When the forefinger of the <i>pataka</i> hand is bent and touches the tip of the thumb.		
8.	Sukatunda (parrot's head)	<i>Arala</i> , when its third finger is also bent.		
9.	Musti (fist)	When the four fingers are bent upon the palm and the thumb closes on them.		
10.	Sikhara (peak)	When the <i>musti</i> hand has its thumb raised up instead of closed on the fist.		
11.	Kapittha (elephant-apple)	When in the <i>sikhara</i> hand the forefinger is bent upon the top of the thumb.		
12.	Katakamukha (e.g. to show opening in a bracelet)	The thumb, forefinger and middle finger are stretched forward to touch each other at the tip. The ring and little fingers are stretched backwards.		
13.	Suci	When, in the <i>musti hasta</i> , the forefinger is released and stretches forward to point.		
14.	Candrakala (e.g. to show digit of the moon)	This is the thumb raised in the <i>suci hasta</i> .		

15.	Padmakosa (e.g. lotus- bud)	When the palm forms a hollow cup with the fingers separated and slightly bent.		
16.	Sarpasirsa	When the tips of the fingers in <i>pataka hasta</i> are slightly bent to show a snake's hood.		
17.	Mrgasirsa (deer-head)	When the thumb and the little finger are raised and the other three fingers are stretched forward and the palm is flexed.		
18.	Simhamukha (lion-face)	When the forefinger and the little finger are raised and the other two fingers and thumb are stretched forward to touch each other's tips. The palm is also flexed.		
19.	Kangula	When the ring finger of the <i>padmakosa hasta</i> is bent to touch the middle of the palm and the other fingers come closer to each other.		
20.	Alapadma	When the fingers beginning from the little finger are stretched and separated from one another.		
21.	Catura	When the thumb is bent and placed at the base of the three fingers which are stretched forward and the little finger is stretched up.		
22.	Bhramara	When the thumb and the middle finger touch each other and the forefinger forms a curve within like an eye. The other two fingers are stretched backwards.		
23.	Hamsasya (Swan-beak)	When the thumb and the forefinger are stretched forward to touch each other's tips and the remaining fingers are stretched backwards.		
24.	Hamsapaksa (Swan-wing)	This is like <i>mrgasirsa</i> but with the thumb also bent inwards towards to touch the palm.		

25.	Samdamsa	When the fingers of <i>padmakosha</i> are brought together at the tips and drawn apart in quick succession.		
26.	Mukula (blossom)	When the five fingers of a hand meet together.		
27.	Tamracuda (cock)	This is the musti with the forefinger stretched up and bent both joints to form a square.		
28.	Trisula (trident)	When the thumb and the little finger are brought together and the other fingers stretched up and spread as if to indicate the number three.		

b) Double Hand Gestures (Samyuta Hastas) (according to AD)

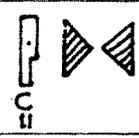
No.	Name	Explanation	In Symbols	
1.	Anjali	When two <i>pataka hastas</i> join together at the palms.		
2.	Kapota	Anjali becomes <i>kapota</i> when the two <i>pataka</i> hands meet only at their base, side and tips.		
3.	Karkata	When the fingers of one hand interlace those of the other		
4.	Svastika	When two <i>pataka</i> hands cross each other exactly at their wrists.		
5.	Dola	When the arms hang loosely by the sides and the hands are in <i>pataka</i> .		
6.	Puspaputa	When the two palms in <i>pataka</i> <i>hasta</i> are slightly cupped and come together touching the sides of the little fingers.		

PRATYANGAS :

These comprise : Neck, Arms, Thighs, Shanks, Wrists, Knees, Belly and Back.

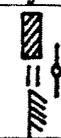
1. Neck Movement (Grivabheda) (according to AD)

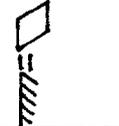
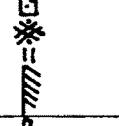
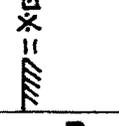
According to Labanotation, symbol for neck is 

No.	Name	Explanation	In Symbols
1.	Sundari	Neck moved side to side horizontally.	
2.	Tirascina	Neck making three quick zig-zag gliding movements on both sides.	
3.	Parivartita	Neck pulled inwards and then moved from one side to the other like a half moon.	
4.	Prakampita	Neck moved forwards and backwards.	

2. Arm Movement (Bahubheda) (according to SR)

According to Labanotation, the symbol for lower arm is  and for upper arm is .

No.	Name	Explanation	In Symbols
1.	Urdhvastha	Arm reaching above the head.	
2.	Adhomukha	Pointing to the ground.	
3.	Tiryak	Reaching to the side.	

4.	Apavidha	Proceeds out from the region of the chest with a circular movement.	
5.	Prasarita	Stretched out towards the front.	
6.	Ancita	Proceeding from the region of the chest and returning to the chest.	
7.	Mandalagati	Arm is turned round in all directions.	
8.	Svastika	Crossing the arms at the wrist touching each other.	
9.	Udvestita	Arm going out with a movement at the wrist.	
10.	Prsthanusarin	Arm reaching back e.g. taking an arrow out of the quiver.	
11.	Aviddha	Arm moving inwards.	
12.	Kuncita	Arm bent till the elbow is pointed e.g. eating	
13.	Namra	Arms slightly bent e.g. carrying a garland.	
14.	Sarala	Arm stretched out Sidewise, Upwards, Downwards	

15.	Andolita	Arm swinging	
16.	Utsarita	Arm reaching its own side from the other e.g. used in driving away a crowd.	

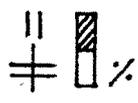
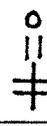
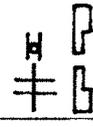
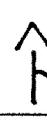
3. Thigh Movement (Urubheda) (according to SR)

According to Labanotation, the symbol for


Thigh

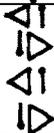
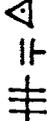
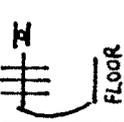

Thigh Upper Side


Thigh Right Side

No.	Name	Explanation	In Symbols
1.	Kampita	Sides are lowered and raised repeatedly.	
2.	Valita	The knee moves inwards e.g. free gait of a woman.	
3.	Stabdha	Motionless thigh	
4.	Udvarita	The heel and the fore part of the sole are repeatedly thrown inwards and outwards.	
5.	Nivartita	Heel moving inwards.	

4. Shank Movement (Jangabheda) (according to SR)

Shank is the lower leg and according to Labanotation, the symbol for lower leg is 

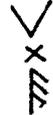
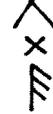
No.	Name	Explanation	In Symbols
1.	Avartita	Left foot moves towards the right and right towards the left again and again.	
2.	Nata	Bending the knee.	
3.	Ksipta	Throwing the shanks outward.	
4.	Udvahita	Shank moved upwards.	
5.	Parivartita	The shank of one who moves crosswise.	
6.	Nihsrta	Shank stretched forward.	
7.	Paravrtta	The shank is behind the knee while the knee touches the ground i.e. kneeling.	
8.	Tirascina	External side of the shank touches the ground.	
9.	Bahirgata	Shank stretched outwards.	
10.	Kampita	Shaking the shanks.	

5. Wrist Movement (Manibandha) (according to SR)

According to Labanotation, the symbol for wrist is


Right Wrist

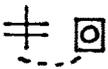

Left Wrist

No.	Name	Explanation	In Symbols
1.	Nikunca	Wrist bent outwards.	
2.	Akuncita	Wrist bent inwards.	
3.	Cala	Repeating of Nikunca and Akuncita.	
4.	Bhramita	Moving the wrist around.	
5.	Sama	Straight wrist.	

6. Knee Movement (Janubheda) (according to SR)

According to Labanotation, the symbol for knee is 

No.	Name	Explanation	In Symbols
1.	Samhata	The knee is in contact with the other knee.	
2.	Kuncita	Thigh and shank touch each other.	

3.	ArdhaKuncita	Hip is lowered.	
4.	Nata	Knee brought to the ground.	
5.	Unnata	Knee reaching the region of the breast.	
6.	Vivrita	Two knees are turned outwards.	
7.	Sama	Knee in its normal position.	

UPANGAS :

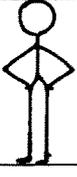
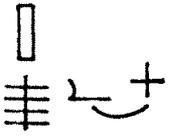
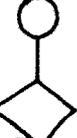
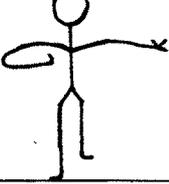
1. Glances (Drashtibheda) (according to AD)

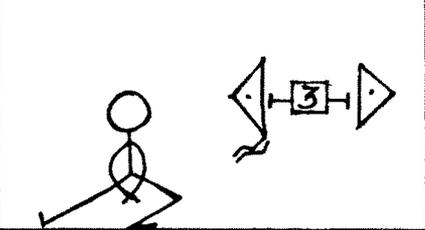
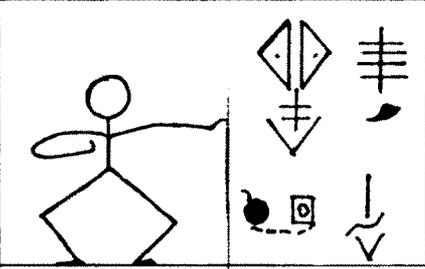
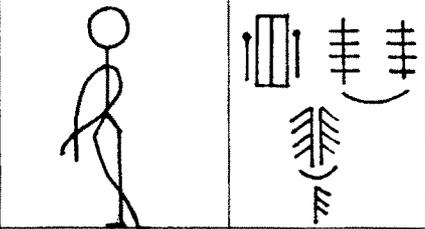
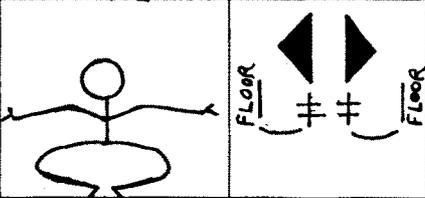
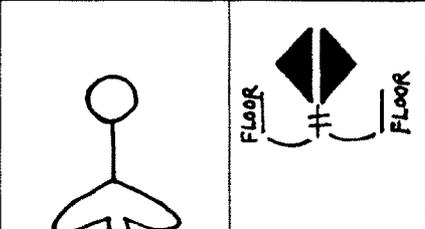
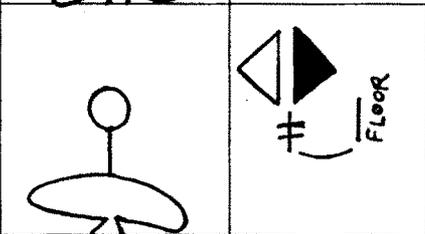
No.	Name	Explanation	In Symbols	
1.	Sama	Eyes looking straight ahead.		
2.	Alokita	Eyes in complete circular movement.		
3.	Saci	Looking out of the corner of the eyes.		
4.	Pralokita	Looking from side to side.		

5.	Nimilita	Half closed eyes.		
6.	Ullokita	Looking upwards.		
7.	Anuvrtta	Looking quickly up and down.		
8.	Avalokita	Looking downwards.		

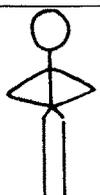
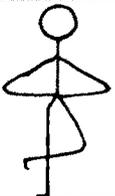
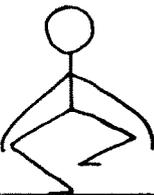
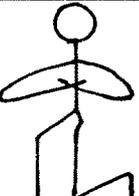
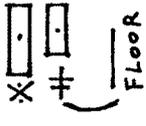
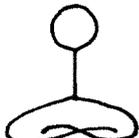
OTHER MOVEMENTS:

1. Mandalas (according to AD)

No.	Name	Explanation	In Symbols	
1.	Sthanaka	Standing with <i>samapada</i> feet in the same line. <i>Ardhacandra</i> of both hands touching the hips.		
2.	Ayata	Standing with two feet half a cubit apart in <i>caturashra</i> posture, bending knees, placing one upon other.		
3.	Alidha	Left foot before the right foot half a cubit apart. <i>Sikhara</i> with L hand and <i>katakamukha</i> with R.		
4.	Pratyalidha	If hands and feet are interchanged in the <i>Alidha</i> posture.		

5.	Prekhana	Putting one foot by the side of another heel, having kurma hasta.	
6.	Prerita	Putting one foot violently at a distance of one cubit and a half, standing with knees bent and one of them put across another. Sikhara near the breast, Pataka stretched out.	
7.	Svastika	The R foot should be put across the L foot. R hand put across the L hand.	
8.	Motita	Rest on the earth with the forepart (toes) of the feet and touch the earth with each knee alternately Tripaka in both hands.	
9.	Samasuci	Toes and knees touch the earth.	
10.	Parsvasuci	Toes and one knee touch the earth, on one side.	

2. Sthanaka (according to AD)

No.	Name	Explanation	In Symbols	
1.	Samapada	Standing with two feet alike		
2.	Ekapada	Standing with one foot and laying the other across the knee of that foot.		
3.	Nagabandha	Standing like a serpent inteswing two feet & two hands together.		
4.	Aindra	Standing with one leg bent and the other leg and knee raised, hands hanging naturally.		
5.	Garuda	Alidha posture one knee is put on the ground & two hand show gesture.		
6.	Brahma	Sitting with one feet on one knee and another foot on another knee.		

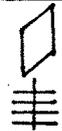
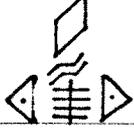


3. Utplavanas (according to AD)

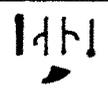
No.	Name	Explanation	In Symbols
1.	Alaga	Leaping with both the feet, sikhara on the hips.	
2.	Kartari	Leaping on toes with kartar: hands held behind the L. foot holding on one's waist, a downward sikhara hand at the same time.	
3.	Asva	First, leap on two feet & then place them together, Tripataka in both hands.	
4.	Motita	Leaping on both side alternately, like kartari Utplavana.	
5.	Krpalaga	Heels of both feet alternately touch the hip with hands in Ardhcandra .	

4. Bhramaris (according to AD)

No.	Name	Explanation	In Symbols
1.	Utpluta	A person moves round his entire body from a Samapada position.	
2.	Cakra	Keeping feet on the earth and carrying Tripataka, one moves round rapidly.	
3.	Garuda	Stretch one foot across another and put the knee on the earth & then move rapidly with out stretched arms.	

4.	Ekapada	Moving round alternately on one foot.	
5.	Kuncita	Moving round with knees bent.	
6.	Akasa	Moves round his entire body after fully stretching feet wide apart in a jump.	
7.	Anga	One leaps with feet half a cubit apart and then stops.	

5. Caris (according to AD)

No.	Name	Explanation	In Symbols
1.	Calana (walking)	Advancing a foot from its natural place.	
2.	Cankramana (making a leap)	Gait made by two feet carefully alternately.	
3.	Sarana (moving)	Moving like a leech. Joining one heel with another at each step and holding Pataka hands.	
4.	Vegini (running)	Walking swiftly on heels or toes or by the entire sole. Hands in Alapadma & Tripataka alternately	
5.	Kuttana (pounding)	Striking the earth with heel, or forepart or sole of the foot.	
6.	Luthita (rolling)	Performing Kuttana from the Svastika posture.	
7.	Lolita (trembling)	Slowly moving a foot which has not touched the earth after performing Kuttana.	
8.	Visama (rough)	Setting the L. foot to the Right of the R. foot & the R. foot to the left of the left one alternately at the time of walking.	