

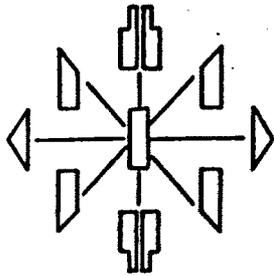
**APPENDIX - I**

Alphabet of Basic symbols, 'LABANOTATION',  
by Ann Hutchinson (Pg. 263 to 268)

**APPENDIX - II**

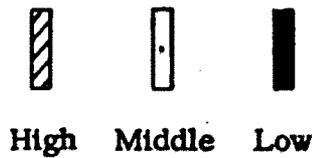
Questionnaire for Data Collection

DIRECTION



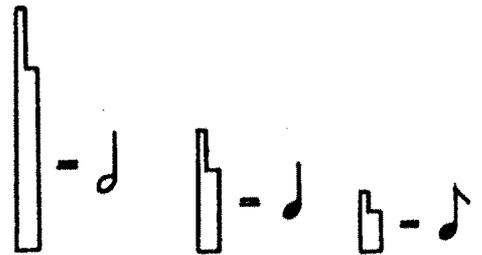
Direction is indicated by the shape of the symbol.

LEVEL



The three levels are distinguished by the different shading of the symbol.

TIMING

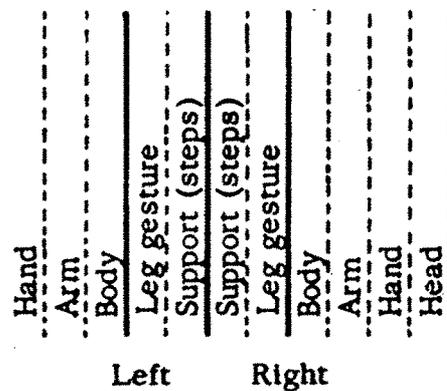


The relative length of the symbol determines its time value.

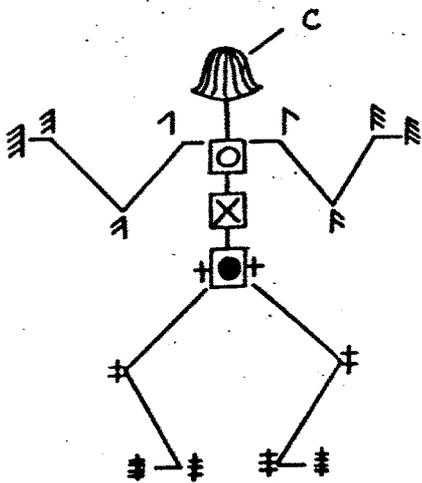
THE STAFF

The staff represents the body.

The placement of the direction symbol on the staff shows which part of the body executes the movement.



THE BODY SIGNS



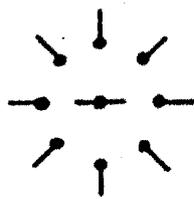
The Joints

- |     |                     |     |                  |
|-----|---------------------|-----|------------------|
| ↖ ↗ | Shoulder            | +   | Hip              |
| ↗ ↘ | Elbow               | ≠   | Knee             |
| ≡ ≡ | Wrist               | ≡   | Ankle            |
| ≡ ≡ | Hand                | ≡   | Foot             |
| ≡ ≡ | Fingers             | ≡ ≡ | Toes             |
| ≡ ≡ | Thumb               | ≡ ≡ | Big toe          |
| ≡ ≡ | Little finger       | ≡ ≡ | Little toe       |
| ≡ ≡ | Middle finger, etc. | ≡ ≡ | Middle toe, etc. |

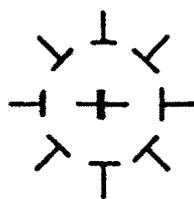
The Body Areas

- |   |                   |
|---|-------------------|
| C | Head              |
| ⊖ | Face*             |
| ⊙ | Chest*            |
| ● | Center of gravity |
| ⊙ | Whole torso       |
| ⊗ | Waist             |

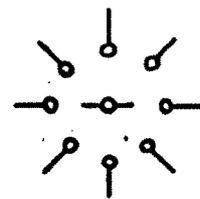
\*Alternate version: Face: ⊙ Chest: ⊙ if "looking" (being turned toward a direction)



Low



Horizontal



High

**ROTATION SIGNS, TURNS, REVOLUTION SIGNS**



To the right  
(clockwise)



Somersault  
over forward



Cartwheel  
over right \*



To the left  
(counter-  
clockwise)



Somersault  
over backward

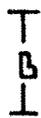


Cartwheel  
over left \*

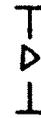
**WAY SIGNS, CIRCULAR PATH**



Straight path



Straight path  
forward



Straight path to  
the right, etc.



Circular path  
clockwise

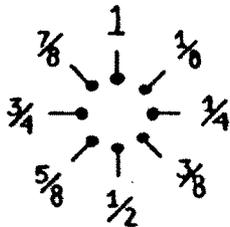


Circular path  
(counterclockwise)

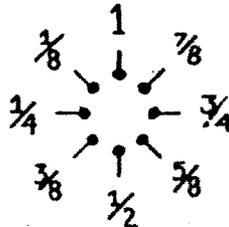


Revolving on a  
straight path

**DEGREES OF ROTATION OR CIRCLING**



Clockwise



Counterclockwise

Indicators for the amount  
of circling or of rotation  
are placed within the  
symbol.

**SPACE MEASUREMENT SIGNS**

Small, Flexed.

- 1 degree, small (rounded)
- 2 degrees
- 3 degrees (right angle)
- 4 degrees, very small (bent)
- 5 degrees
- 6 degrees (totally flexed)

Large, Stretched.\*

- 1 degree, long (stretched)
- 2 degrees
- 3 degrees
- 4 degrees, very long (extended)
- 5 degrees
- 6 degrees

\* Alternate version:

Cartwheel over right: Cartwheel over left: Long: Very long:

Distance Sign

**3** 3 step lengths    **6** 6 step lengths

VERTICAL BOWS

) Simultaneous action (continuation)    ) Phrasing bow

HORIZONTAL BOWS

Touch    Grasp  
Carry, take weight.    Support, hold.  
Addressing sign

CONTACT HOOKS

Toe contact  
Heel contact  
Whole foot contact

Meeting Line

A A is in front of you.    |A A is to your right.

DEVELOPMENT SIGNS

Increase    Increase in space  
Decrease    Increase in height, becoming higher.

HOLD SIGNS

○ Hold weight (body hold)  
◇ Space hold (K)\*  
⊗ Spot hold (K)\*

\*Symbols marked (K) were contributed by Albrecht Knust.

Weak accent

Strong accent

EFFORT SIGNS\*\*

Strong

Direct, slow (press).  
Direct, fast (punch).  
Flexible, slow (wring).  
Flexible, fast (slash).

Light

Direct, slow (glide).  
Direct, fast (dab).  
Flexible, slow (float).  
Flexible, fast (flick).

Element of Control

Press, fluent flow.  
Punch, fluent flow.  
Press, bound flow.  
Punch, bound flow, etc.

ANALOGY SIGNS (K)\*

= Equal

Similar, ad lib.    Ad lib. in timing

Symmetrical (exchange of right and left)    Symmetrical (exchange of forward and back)

\*\*Alternate version: // / \ etc.

DIRECTION

Pg: 171

Direction Variations

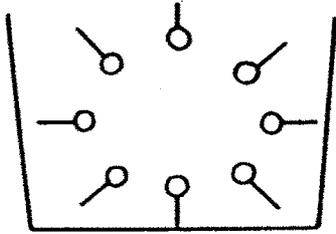


A point in space half way between the two stated directions



Move half way to this direction.

Stage Direction Pins \*



Audience



Upstage

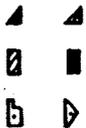


Stage right, etc.



The in-between directions can be indicated, as shown.

Deviations, Indirect Way



An influence away from a straight path

etc.

TIMING



Accelerando



Ritardando



Duration-line



Tremolo, trill.

PARTS OF THE BODY



Front of the chest\*

\*Alternate version:

Stage pins:



etc.

Parts of the Body (continued)



Back of the chest\*



Right side of the chest,\* etc.



Shoulder area

(These pins are used for all body area signs.)

Limbs



Sign for limb



Upper arm



Lower arm



Thigh



Lower leg



Thigh, upper side.



Thigh, right side.



Neck

Parts of the Hands and Feet

The same symbols are used for each, being placed in their respective columns.



Area sign for foot or hand



Sole of foot or palm\*



Top of foot, instep; back of hand.



Big toe side; thumb side.



Little toe side; little finger side.



Tip of toes; tip of fingers.



Tip of heel



Palm when used in the support column



Sole of foot when used outside its own column

\*Alternate version:

Parts of the body:



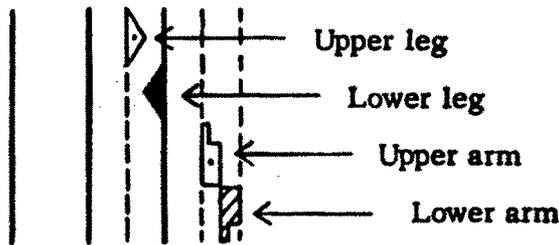
etc.

Palm:

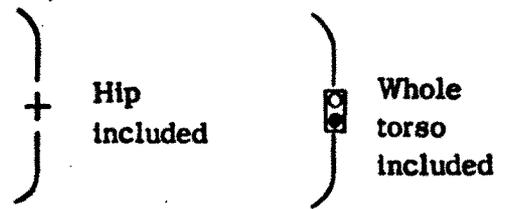


DIVISION OF THE COLUMN

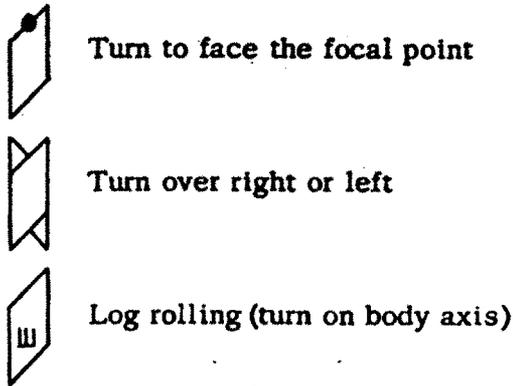
s  
r  
ea



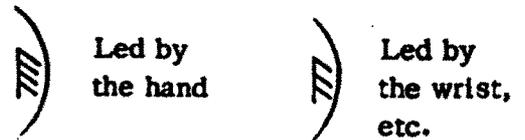
Inclusions (continued)



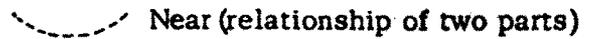
URNS



Part Leading

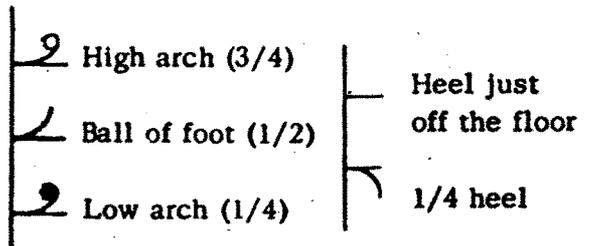


HORIZONTAL BOWS



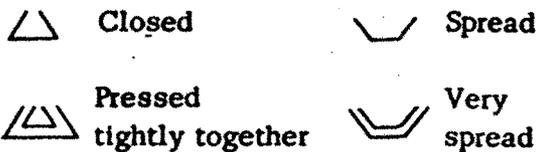
Contact

Additional hooks for parts of foot:

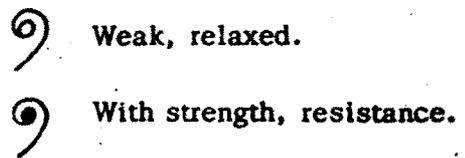


SPACE MEASUREMENT SIGNS

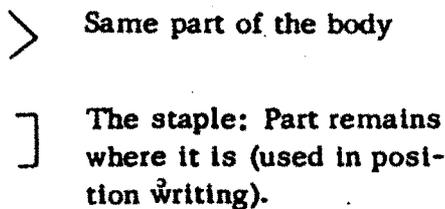
On a Lateral Plane (Used for the Fingers)



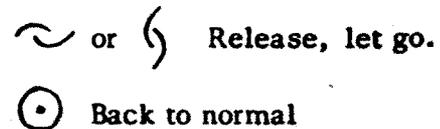
DYNAMICS



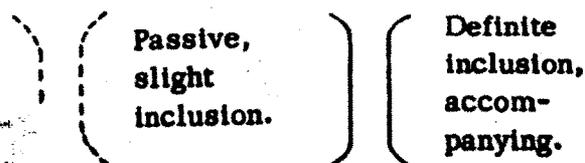
VERTICAL BOWS



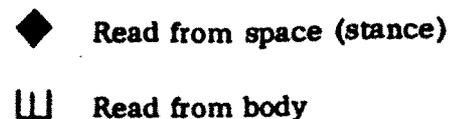
CANCELLATION SIGNS



Inclusions



KEY SIGNATURES



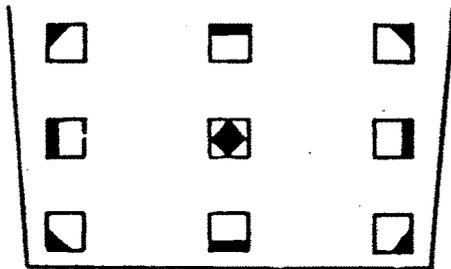
DEVELOPMENTS

-  An outward development
-  An inward development
-  Development from the center of the body

Body Waves

-  Outward development through the whole body
-  Inward development through the whole body

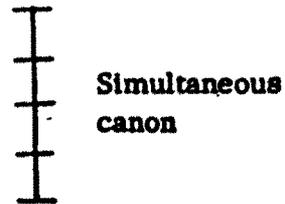
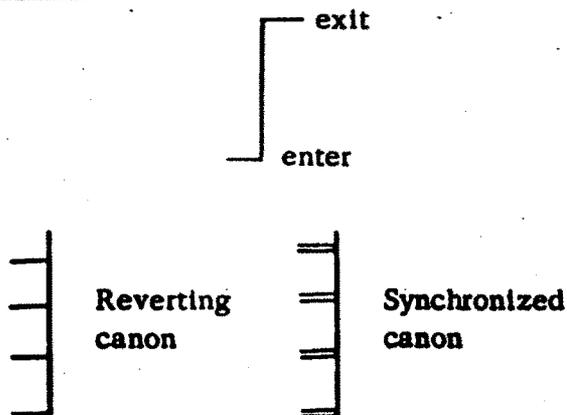
STAGE AREA SIGNS



GROUP NOTATION

-  Boy (Alternate symbols:  )
-  Girl (Alternate symbols:  )

Canon Staff

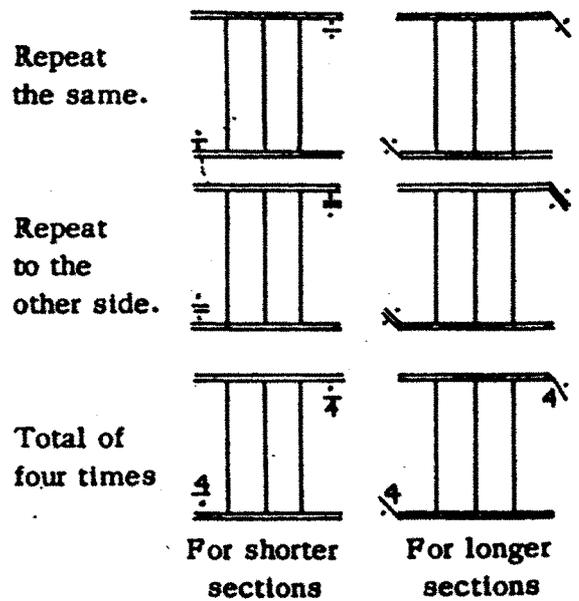


REPEAT SIGNS\*

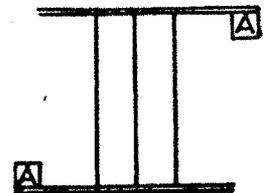
Within the Staff

-  Repeat the same.
-  Repeat to the other side.
-  Do what A is doing now.
-  Do what you did in bar 4.
-  Do what A did in bar 4.

Outside the Staff: Sectional Repeats



Labeling a reprise



\*For alternate version of repeats analogy signs in the Alphabet.

NAME :

ADDRESS :

PH. / FAX / E-MAIL :

EDUCATIONAL QUALIFICATION :

DANCE QUALIFICATION :

NAME OF YOUR INSTITUTION :

STARTED WHEN :

HOW MANY STUDENTS AND  
WHAT LEVEL :

ANY OTHER TEACHER  
EMPLOYED :

DANCE TRAINING :

(a) NAME OF THE GURU / INSTITUTION.

(b) YEAR OF TRAINING : FROM \_\_\_\_\_ TO \_\_\_\_\_

It is observed and experienced that during learning and teaching Bharatanatyam technique, regional words such as "ARAMANDI", "ATTAMI", "ARADHI" and sanskrit words as "ANCITA", "AYATA", "SAMAPADA" etc. are used as technical terms. Please give a list of all such technical terms that you have come across or are using.

(1) List of Adavu sets learnt (with their school's specific names)

(2) The technical terms in Tamil / Sanskrit as used by your teachers.

**Body Positions :**

(a) Feet :

Standing _____,	Sitting _____
On the balls _____,	On the heels _____
Heel Striking _____,	Toe Striking _____
Feet Striking _____,	Two Heels Striking _____
Two balls Striking _____,	Jump _____
Slide _____,	Stretched Positions _____

(b) Finger Movements :

Flexing _____,	Stretching _____
----------------	------------------

(c) Hands :

On the waist _____,	Front of the chest _____
---------------------	--------------------------

Opening _____,	Elbows up _____
----------------	-----------------

(d) Stomach in _____	(e) Hip in _____
----------------------	------------------

(f) Shoulder back _____	(g) Chin up _____
-------------------------	-------------------

(h) Open your knees _____	(i) Body Bends _____
---------------------------	----------------------

(j) Neck Movement _____	(k) Shoulder movement _____
-------------------------	-----------------------------