



# Odissi Dance

# About this resource

This resource has been designed to accompany The Story of Rama and Sita Teacher Resource.

Within this resource you will find:

- A short History of Odissi
- A series of hand movements
- A series of dance movements and body positions

You can find out more about the history of Odissi here: <http://odissijourney.co.uk/>

Music to support this resource can be found here:

[https://soundcloud.com/reading\\_museum/diwali/s-oQFz69p5pW4](https://soundcloud.com/reading_museum/diwali/s-oQFz69p5pW4)

# National Curriculum Links:

The aim of this Teaching Resource booklet is to support teachers in creating engaging and interactive lessons for KS2 and KS3 to respond to the requirements of the National Curriculum and the principles dictated by the Ofsted Framework 2019.

## Cultural capital

Celebrating the cultures, languages and traditions that children and their families bring helping pupils to understand the cultural background of their community's diversity to build the essential knowledge they will need to be educated citizens.

## The wider context for RE

The UK has a rich heritage of culture and diversity. This is continuing today in an era of globalisation and an increasingly interdependent world. Religion and belief for many people forms a crucial part of their culture and identity.

# National Curriculum Links (continued):

The aim of this Teaching Resource booklet is to support teachers in creating engaging and interactive lessons for KS2 and KS3 to respond to the requirements of the National Curriculum and the principles dictated by the Ofsted Framework 2019.

## PE

- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and -
- Demonstrate improvement to achieve their personal best.

# History of Odissi

Odissi is a classical Indian Dance style which originates from the eastern state of Odisha. It is one of 8 classical dance forms in India.

Odissi has been danced by Maharis (people devoted to the dance) in temples since the 12<sup>th</sup> Century.

Odissi expresses traditional poetry and songs through movement. Many of the poems performed through Odissi come from the Sanskrit collection of romantic poetry, Gita Govinda written by Jayadeva Goswami.

The 13<sup>th</sup> Century Sun Temple in Odisha shows dancers, musicians and other performers in friezes (sculpted decorations in the walls) which has preserved the dance positions for generations to come.

You can find out more about the history of Odissi here: <http://odissijourney.co.uk/>

# Odissi Repertoire

There are 5 parts to Odissi Dance:

Mangalacharan - This is the entrance of the dancer onto the stage and starts with an offering of flowers Jaganatha, the deity of the Odissi dance.

Batu/Stayee - This is a pure dance offering to Shiva.

Pallavi - This movement is an elaborate mix intricate rhythmic patterns, music, movement and expression.

Abhinaya - This expressional movement uses twists of the body, glances and gestures to tell a story.

# Odissi Repertoire (continued)

Mokshya -

Mokshya means salvation. This final part of the dance is a surrender of the dancer to God. It has a fast tempo and is accompanied by percussion instruments.

# Hand Movements or Mudras

Mudras are hand positions that are used to express a story. These would be used with facial expressions to deliver the messages of the story. There are seven mudras below. Try to use them as part of your dance.



**Pataka**  
big bird



**Garuda**  
bird flying



**Sukachanchu**  
small bird



**Samputa**  
bird resting



**Mayura**  
medium-sized bird



**Alapadma**  
offering of flowers



**Anjali**  
prayer position



# Body Positions

These are 3 body positions commonly found in Odissi dance. You can use these as a starting point for your own dance.



## Tribhangi

This means three bends.

You can see the bend in the head, hip and knee.

The hand should sit half-way down the thigh.



## Chouka

The upper body is tall but the knees are bent pointing outwards.

The arms are level with shoulders bent at the elbows with hands pointing forwards

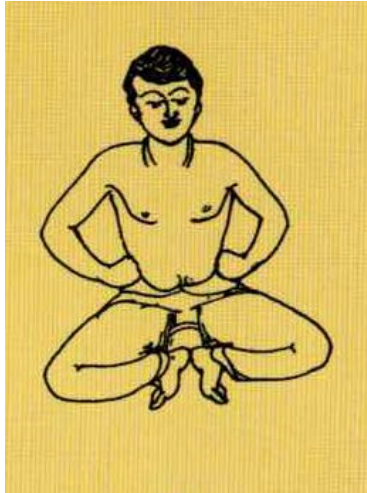
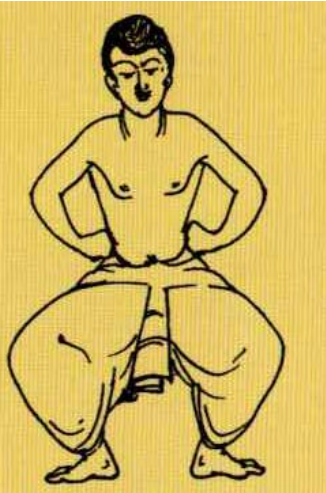


## Samabhanga

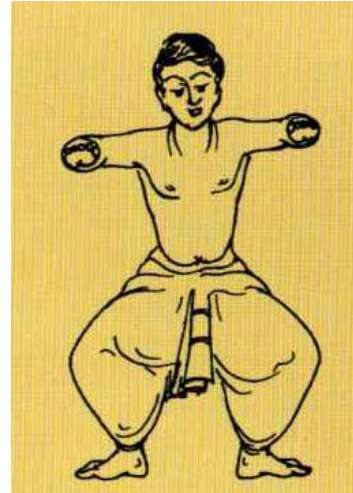
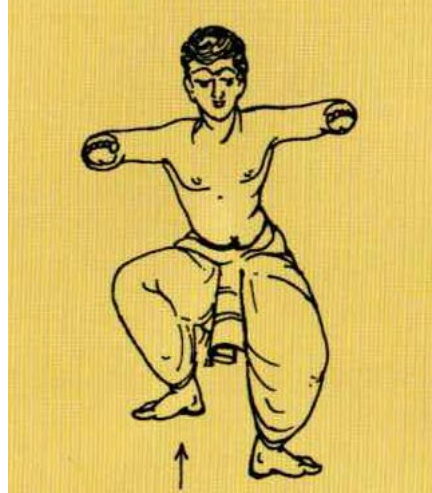
The dancer stands straight with both feet together and toes pointing forward.

The hands sit at the hips in fists on either side of the waist.

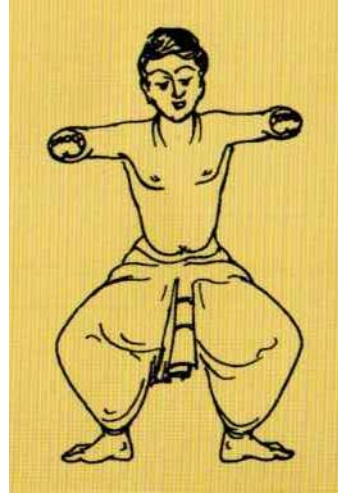
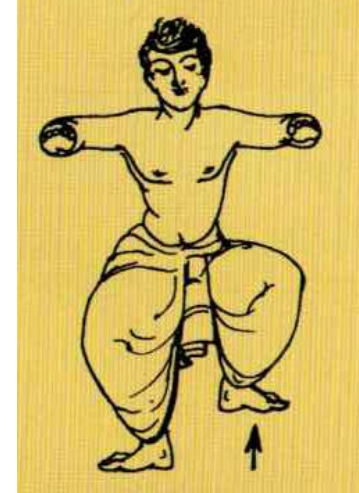
# Dance steps - Chouka



Form the Chouka position and place fists on hips. Jump into air to bring your heels together.



In the Chouka position, raise your right foot and stomp it on the ground.



Repeat the stamp with your left foot and return to the Chouka position.

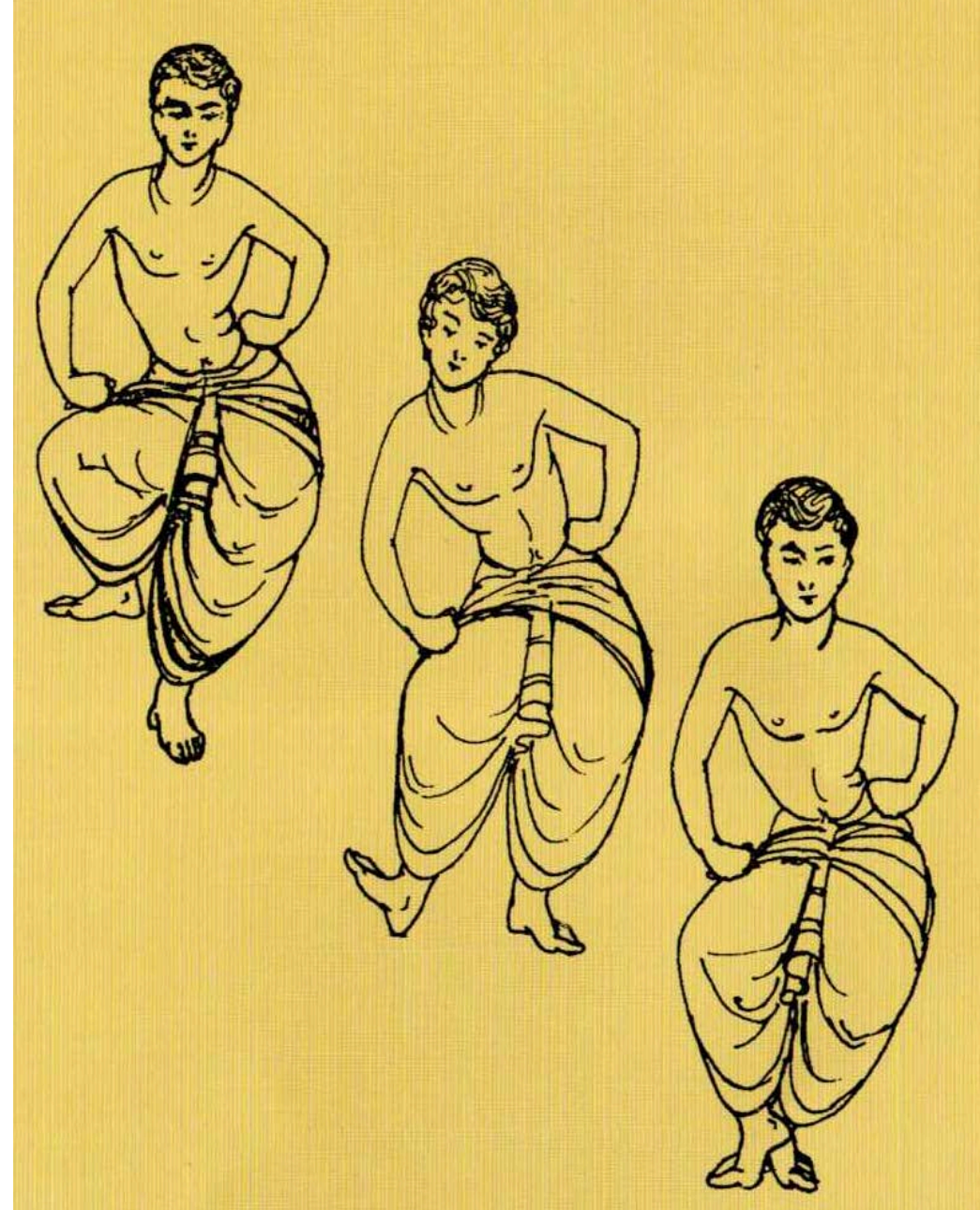
# Dance steps - Tribhangi

Start in the Tribhangi position with the right knee pointed to the right.

1<sup>st</sup> movement - As you lift your right foot to stamp on the ground, gently wave the head to the left and back to the central position.

2<sup>nd</sup> movement - Strike the ground with the ball of your foot. Then strike the heel of your right foot on the ground, slightly in front of its original position. As the ball of the foot strikes the ground, gently wave your head to the right and then return to centre.

Repeat the on left.



# Create Your Own Dance

Listen to or read the story of Rama and Sita:

- Write down 4 key points in your chosen scene of the story
- Choose 1-2 mudras that you think fit with that scene (or make some of your own)
- Choose a body position to work in and create a series of steps to use with your hand movements

Finally, perform your dance!