

**DANCE**  
trital academy

## **Trital Dance Academy**

*Experience the Rhythms of Indian  
Dance*



**Register now for the new school year!  
Classes Begin Sundays in September**

**Hindu Samaj Temple  
247 West Ramapo Avenue, Mahwah, NJ**

**email: [tritaldance@gmail.com](mailto:tritaldance@gmail.com)**

## The Story Of Kathak

**Kathak** originated from the word **Katha** which means story-telling. Kathak is predominantly performed as an art of dance in the Northern part of India. On one hand, the art of Kathak dance was performed in the rural area in a theatrical manner, and on the other hand it was performed in the temple by the **Sevadars** (religious followers) as a vehicle of worship.

A **Kathak** performance consists of two parts – **Nritta** and **Nritya**. The dance form which requires a high sense of rhythm with graceful body movements is Nritta. The other form where a dancer expresses and communicates a story or a poem using hands, facial gestures, mime and symbolic body postures, is **Nritya**.

The musical instruments that are used to accompany the dance performances are – *Tabla, Pakhawaj, Manjira* and *Nakra* for *taal* (beat), and *Vocalist, Sarangi, Harmonium* for the *Melody (Dhun)*.

The various segments of **Kathak** performances are:

1. **Sloka**
2. **Aamad** (entry) and **Salaami** (pranam)
3. **Gat** (movement) – **Palta**(changing direction), **Gat Nikash** (backward step with rhythm)
4. **Tora/Tukra** – Dance steps with more complex rhythmic patterns
5. **Tatkar** – Demonstration of more complex footwork

## Our Mission

Trital Dance Academy is committed to training students in the joyful art and culture of Indian Dance. Our goals for each student are the same: To build confidence, emphasize poise and grace, and teach the foundation of dance so that one can express themselves in creative movement with passion, appreciation, and fun.

## About Us

At Trital Dance Academy, a strong emphasis is placed on classical Kathak training. We believe that classical dance training is essential in providing students a strong and disciplined foundation for dance. While our students train in Kathak, we do perform various semi-classical, folk, and/or Bollywood/fusion dances for our annual end of the year recital.

## About the Instructors

**Reeta Chatterjee**, an accomplished Kathak instructor and choreographer, has been teaching Kathak and folk dances for over 35 years. After her graduation in Fine Arts, she had completed her Prabhakar from Prayag Sangeet Samiti (Allhabad) and then continued her training under the auspices of Guru Shree Omprakash Misra (Disciple of Pandit Birju Maharaj – Lucknow Gharana) and then under Srimati Shantosh Vyas (Disciple of Guru Kundan Lalji Gangani – Jaipur Gharana). After receiving Talim in both Lucknow and Jaipur Gharana, she was appointed as an associate lecturer Rajeswari Kala Sangam (Apeejay College, Jullandhar) and as a primary instructor for Dayanand School. Amongst other success, Reeta Chatterjee's major accomplishment was to choreograph and coordinate the Statewide University Dance Festivals. Over the past 25 years in the USA, Reeta Chatterjee has performed and choreographed multiple classical/movie/folk dance shows and trained over a hundred students.

**Shreya Mehta** has been dancing for the past 25 years. She holds a master's degree in Kathak (Lucknow Gharana) from DAVV University in Indore, India. She completed her training under Guru Puru Dhadhich. Shreya is also experienced in Indian Folk dancing and Bollywood dancing. She has participated and won many group dance competitions in India while studying in school and college. Shreya has been teaching Indian Folk, Bollywood and Kathak dance to children in USA for the past several years.

**Bina Patel**, a successful businesswomen in the insurance and financial industry, has been teaching Indian dance for over 18 years. She participated and won many group dance competitions at school in India. She moved from her native town in Gujarat, India to San Diego in July 1996. She immediately became involved in the local Indian community where she taught and choreographed Bollywood dance for several years before moving to the NYC area in 2006. She has been teaching Bhangra, Creative Movement, and Intro to Dance at the Hindu Samaj Mandir since 2012.

## Class Descriptions

**Creative Movement (3–5 years)** In this class, students begin with basic pranam, exercises for improved posture and breathing, and stretches via children's yoga postures. This class introduces children to the basic concepts of rhythm and movement, dance terminology, dance formations, facial expressions, and basic hand and foot movements through Hindi nursery rhymes and dances. Our goal is to improve a child's coordination, poise, and self-confidence in a fun and creative atmosphere to ready themselves for the next step in our dance program– Intro to Dance for girls or Beginners Bhangra for boys.

**Bollywood Bhangra (6 years +)** This energetic class is for boys and girls! This class is based on the bhangra dance, a traditional folk dance from the state of Punjab in India. In this class, students begin with pranam, exercises for improved posture and breathing, and basic warm-up exercises to stretch muscles, strengthen quadriceps, and improve shoulder movements/coordination. Emphasis will be on various levels of bhangra from beginner, intermediate, to advanced steps depending on the level of the students and introduction of props while dancing to traditional bhangra music.

**Intro to Dance I (5/6 years +)** This class is for the child who has taken creative movement and is now ready for the next level. This class teaches the basic concepts of dance and Kathak in general. By the end of this level, students will be able to independently complete pranam and basic tatkar. Dance performances will be on folk or Bollywood songs.

**Intro to Dance II** This class is for those who have completed Intro to Dance I and are ready for a slightly advanced class. The emphasis in this class will be on developing the child's self-discipline and proper conduct required for classical dance. The student will also be introduced to basic hand counting of 16 beats (Teen Tal). At the end of this level, students will be able to independently complete pranam, basic tatkar, and selected tora-tukras. Dance performances will be on folk or Bollywood songs.

**Beginner Kathak** Definition: of Taal (Beats), Laya(Tempo), Vilambit Laya(Slow Tempo), Madhya Laya(Moderate Tempo), Matra(beat), Tali(Clap), Khali(Empty) and Saum (Closure).• Counting ' Beats and Bol ' : Hand counting for 16 beats(Teen Taal) – Single, double, quadruple time in different speeds. • Dance Footwork/Hand Gestures: Various hand positions/gestures, different poses. Various movements of Kathak Dance - Tatkaar [Foot work, using feet with Gungharoo (ankle bells)], basic Tora, Tukra, Chakra(Circles).

**Intermediate Kathak** History of Kathak Dance and introduction to various schools of thoughts and styles. • Vocal and practical demonstration: Knowledge acquired in Dance Footwork and Hand Gestures as a beginner will be applied for more rhythmically complex Tora Tukra, Tehai, Parran, Aamad, etc. Student will start to explore various Hast Mudras (Hand Gestures) and how to integrate them in the dance and learn new Taals.

**Advanced Kathak** Students will consolidate prior knowledge and will have further expansion. New techniques such as Single spin, Double Spins, Gatbhav, Gatnikas will be introduced. Special emphasis will be drawn on experiencing the body – feeling and poses, relaxed and tensed, breathing techniques and axis of the body. In addition, students will learn 'Abinaya' (Story telling in Kathak)', Taal like Rupak, Jhaptaal, Dhammar etc. Furthermore, students will be introduced to dance compositions based on Tarana, Thumri, Bhajan, Ghazal, etc.

## **STUDENT AND CLASS PLACEMENT**

For the Kathak classes, students are placed in class by ability and not by age alone or previous experience. Proper class placement is essential in the continual progress of students. Please note that it takes several years to advance to the next level in Kathak training. The teachers of Trital Dance Academy reserve the right to make a final determination of each dancer's level. To safeguard the physical development of each dancer, it is important that they attend class with students of similar abilities and experience. The pace of each class is geared to the ability of the class as a whole. New students with prior experience should contact the teachers for proper class placement. The schedule and staff is subject to change. Classes with insufficient registration will be cancelled or combined.

## **ATTENDANCE**

### **1. Classes**

Consistent and prompt attendance is very important. Absences and tardiness can hold back an entire class and the teachers cannot jeopardize their responsibilities to the rest of the class for one student. Please make every effort to have your child attend every class. No refunds are issued for absences. If a child will be absent from class, it is the parent's responsibility to contact and inform their teacher in advance if possible.

### **2. Recital Preparation**

The culmination of all skills learned during the school year is the year-end performance. Preparation for this event begins in September with the very first class. To ensure that the entire class learns the choreography for each routine, consistent attendance during the final months of the school year is imperative. For this reason, the students may be asked not to participate in the year-end recital if the student has several unexcused absences between January and May of the school year. In addition, all students must be present at the mandatory dress rehearsal in order to participate in the recital. If a student is removed from the recital for lack of attendance, there will be no refund of any portion of the tuition or payments toward the student's costume or tickets.

## **IN THE CLASSROOM**

### **1. Attire**

Please understand that a dress code is very important because certain clothes can prohibit a student's ability to move freely as well as be distracting to herself/himself while learning. All students are expected to observe the dress code. Parents are responsible for ensuring that their child's dancewear and hair are appropriate for class. Students must have their hair completely secured in a bun or ponytail for all classes. All female students must wear short sleeved t-shirts and biker shorts, capri or ankle length leggings. All male students must wear short sleeved t-shirts and shorts or ankle length pants. Please absolutely no jeans or skirts.

## 2. Classroom Behavior

Students should be ready for class and dressed in required attire with their shoes and socks off when class begins. Gungharoo (ankle bells) must be put on prior to the start of class.

For safety reasons, no jewelry is permitted to be worn in class. The students may not bring toys, dolls, or any other objects into the classrooms at any time. No chewing gum, snacks, or drinks other than water are permitted in class. Water must be clearly labeled with child's name.

Proper behavior is expected of all students before, during and after classes. Students are expected to be polite, courteous and respectful towards their teachers as well as their fellow students. There is no talking permitted during class. Teachers must have the full attention of the class in order to teach effectively. Teachers have the discretion to dismiss a disruptive student from the class in the event of improper behavior.

## 3. Parental Supervision

Noisy children in the waiting room and common area are very distracting to classes in progress. Parents are expected to monitor both dancers and siblings at all times. Parents are responsible for their children's behavior. There shall be no running or yelling in the hallways, waiting room, or dance rooms.

Parents may arrive no more than 15 minutes before class begins. Parents must pick up their children promptly when class ends. The teachers cannot be responsible for supervising children who are left alone or unattended. We strongly suggest you make sure that your child is safely in class with the teacher when class begins. We also suggest arriving 10 minutes before the end of class in case your child's teacher has to discuss important information with parents.

## 4. Dressing Rooms and Common Areas

Both parents and students are expected to keep the dance rooms and common areas neat and tidy. The teachers are not responsible for personal items left in the dance rooms or the waiting room/common hall.

## 5. Disciplinary Action

Students who repeatedly disregard the dress code, miss class, or disrupt classes with improper behavior may be discharged from the school and the year end performance at the sole discretion of the teachers, with or without warning. No refund of tuition, costumes or tickets will be given for any student who is discharged for improper conduct.

## **COMMON COURTESIES**

We would appreciate your cooperation in keeping the classroom area and mandir clean. We request there be NO food or drinks in the classroom side of the mandir. Please be considerate and clean up any remaining food, drink, or trash you may leave behind.

Students should use the bathroom before or after class only, unless it is an emergency. Classes are approximately 60 minutes or less and it is distracting and counter-productive for students to take a bathroom break during class.

If you have any questions or comments, please feel free to discuss it with us whenever it does not interfere with a class. We will be happy to arrange a time when we can speak with you.

## **RECITAL/COSTUMES**

Dance is a performing art and the extension of class to stage. Our performances are professional and planned. You will receive information concerning dance rehearsal and performance times, costumes, and tickets in February/March. Payments for all costumes must be received prior to the costume distribution date.

## **INCLEMENT WEATHER PROCEDURE**

Dance classes may not be held if the teachers feel that transportation is a safety issue for the teachers, parents, and students due to weather.

## **TUITION / PAYMENTS**

**Payment is due upon registration/open house or at first class. There is a \$30 registration fee per student. Additional costs will be necessary for recital costumes. A 10% tuition discount will be given to the second student within the same family within this dance program (with the exception of Adult Bollywood). Payments not received by the second class will be subject to a late fee of \$15. Payment still not received will result in student's suspension from the class. There is a \$30 service charge for any returned checks. Students are expected to enroll for the entire school year. There will be no refunds to enrolled students for classes missed by students due to illness, vacation, religious observance, or for any other reason. Registration and enrollment represents a financial commitment throughout the end of the school year. In the event of withdrawal from the program, no refunds are given.**