

Chhandam School of Kathak

The Nine Principles

1 सदव्यवहार और तहज़ीब “*Sadvyavhar aur Tehzeeb*”

Attitude and Etiquette

One must approach the study of Kathak with humility, an open mind, and respect for oneself and the Guru.

2 प्रशिक्षण “*Prashikshan*”

Study and training in elements of Kathak

A *kathaka* must study and train in *tayari* (strength, speed, & technique), *laykari* (virtuosity of rhythm), *khoobsurti* (beauty), and *nazakat* (delicacy) in addition to *abhinaya* (expression & storytelling).

3 रियाज़ मेहनत के साथ “*Riyaz Mehenat ke sath*”

Systematic practice with deep exertion

The *mantra* at Chhandam is “Practice, Practice, Practice” with hard work and exertion.

4 सर्वज्ञान “*Sarvgyan*”

Complete knowledge of Kathak

One must study Indian history, philosophy, music, mythology, and the rhythmical mathematics in the Indian classical system.

5 उपज “*Upaj*”

Improvisation

Upaj is the core of Kathak dance and leads to true freedom of expression. One must learn to be sharp, keen, and focused to handle life’s unexpected occurrences.

6 शिक्षा, प्रचार, और सुरक्षा करना

“*Shiksha, Prachar aur Suraksha Karna*”

To Educate, Promote and Preserve

In order to be a *kathaka*, one must promote the art form amongst their community in order to preserve the tradition for future generations.

7 त्याग और सेवा “*Tyaag aur Seva*”

Sacrifice and Selfless Service

Through the teachings of Chhandam, students will ultimately adopt the values of selflessness and sacrifice.

8 साधना “*Sadhana*”

Devotional Practice for Life

The ultimate goal is for the dance to become a spiritual practice and way of life, requiring practitioner to bring mind, body, and spirit into unified focus.

9 गुरु शिष्य परमपरा “*Guru-Shishya Parampara*”

Guru-Disciple Tradition

After many years of intense study and adherence to the Nine Principles, students at Chhandam may enter a one-to-one relationship with the Guru through a *gandhabandan* ceremony, signifying a lifelong commitment to the art.

“*Dance in such a way that your dance becomes one with everything.*”

- Pandit Ram Narayan Misra, Guru of Pandit Chitresh Das