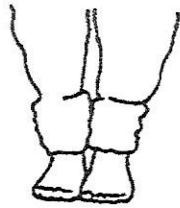


# THE BASIC POSITIONS

In order to learn some of the steps of Bharata Natyam let us first familiarize ourselves with the basic body positions employed throughout this technique.

There are five basic positions of the feet in Bharata Natyam which are described here.

## SAMPADA



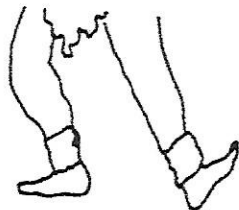
In this position the feet are together and parallel. The body is held straight and erect without any bends.

## PARSHVA



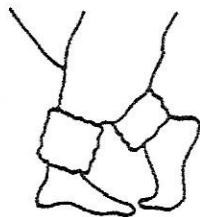
In this position the feet are turned out to make an angle of about 120 degrees (as in ballet first position). There is one finger distance between the heels.

## ALIDHA



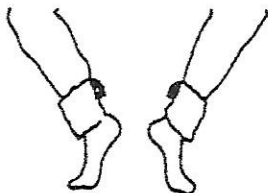
In this position one leg is extended directly to the side with the heel touching the ground and the toes facing upwards. The other foot is in the turned out position with the knee bent.

## SWASTIKA PADA



In this position the feet are crossed. The leg that is behind has the toes touching the ground close to the front foot and the heel fully raised and the knee bent. The foot that is in front is in the turned out position with the knee bent.

## UDGHATTITA



In this position the feet are in the turned out position (parshva) with the knees bent and the heels fully raised.