

## *Charis*

### *Slokam*

- Evam Padasya Janghaya  
Urvoho Kattiyastathaiva Cha
- Samanakaranacheshta Sa  
Charityabhidhiyate
- Ekapadapracharo Yaha Sa  
Charityabhidhiyate
- Dvipadakramanam Yatu  
Karanam Nama Tathbhavet
- Karananam Samayogath  
Khandamityabhidhiyate
- Khandaistribhischaturbhirva  
Samyuktam Mandalam Bhavet

### *Meaning:*

Chari is that activity where in the movements of the hands, feet, calves, thighs and the hip are kept in mutual concordance. The word Chari strictly connotes the movement with a single foot; the concordant movement of two feet is called a Karana. The combination of three (or more) Karanas is termed a Khanda. And three or four Khandas combining together constitute a Mandala.

Note: Charis are 32 in number: 16 Bhaumi Charis & 16 Akasiki Charis

## *Akasiki Charis*

(Aerial Charis)

### *Slokam*

- Atikranta Hyapakrantra  
Parsvakranta Tathaiva Cha
- Urdhvajanuscha Suchi Cha Tatha  
Nupurapadika Dolapada
- Tathakshipta Vyaviddhaudvrutta  
Sangnite Vidhutbhranta Hyalata Cha
- Bhugangatrasita Tatha Mrugapluta  
Cha Danda Cha Bhramari Cheti
- Shodasa Akasikyah Smruta Hyata  
Lakshanm Cha Nibodhata

There are 16 types of Akasiki Charis . They are:

1. Atikranta
2. Apakranta
3. Parsvakranta
4. Ordhvajanu
5. Suchi
6. Nupurapadika
7. Dolapada
8. Aksipta
9. Aviddha
10. Udvrutta
11. Vidhutbhranta
12. Alata
13. Bhugangatrasita
14. Mrugapluta
15. Danda
16. Bhramari

## 1. Atikranta:

*Sloka:*

Kuncitam Padamutshipya  
Purataha Samprasarayet  
Utkshipya Patayechainam  
Atikranta Tu Sa Smruta

*Meaning:*

The right foot from Kunchita pada position should be lifted up to the knee and then extended out with toes pointing forward. This foot is then brought back in the same way to the original position. This movement can be done with the left foot as well.

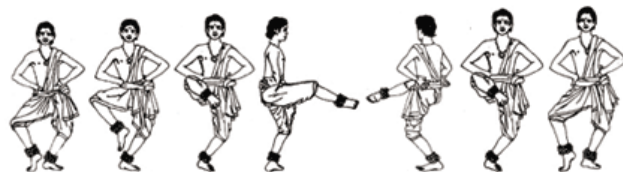


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## 2. *Apakranta:*

*sloka:*

Urubhyam Valanam Kruthva  
Kunchitam Tu Samuddharet  
Parsve Vinikshipecheivam  
Apakranta Tu Sa Smruta



*Meaning:*

This movement is similar to Atikranta Chari, except, after extending the foot forward, it is moved sideways either in clockwise or anticlockwise direction, with the body taking a full turn before returning to the Kunchita pada position.



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### 3. Parsvakranta:

*sloka:*

Kunchitam Pada Muthkshipya  
Parsvotthanodgati Nyaset  
Uddhatti Tena Padena  
Parsvakranta Vidhiyate

*Meaning:*

The right Kunchita foot is lifted up until the knee is at the level of the chest. Maintaining this position, the left foot is used to perform the Udghatita movement.



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#### 4. Odhvajanu:

*Sloka:*

Kunchitam Pada Muthkshipya  
Janustanasamam Nyaset  
Dvitiyam Cha Kramat Stabdha-  
Murdhvajanuhu Prakirtita

*Meaning:*

This movement is similar to Parsvakranta, except, there is no Udghatita movement with the foot that is on the ground.



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## 5. Suchi:

### *sloka:*

Kunchitam Pada Muthkshipya  
Janururdhvam Samprasrayet  
Patayechagra Yogena Sa  
Suchi Parikirtita

### *Meaning:*

The right Kunchita foot is raised until the knee is at the level of the chest, and then it is brought down and placed in Suchi pada position



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## 6. Noopurapaadika:

**Sloka:**

Kunchitam Pada Muthkshipya  
Janururdhvam Samprasarayet  
Patayechagra Yogena Sa  
Suchi Parikirtita

**Meaning:**

The right Kunchita foot is raised until the knee is at the level of the chest, and then it is brought down and placed in Suchi pada position.



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## 7. Dolapada:

*Sloka:*

Kunchita Pada Muthkshipya  
Parsvam Parsvamd Tu Dolayet  
Patayedanchitam Chaiva  
Dolapada Tu Sa Smruta

*Meaning:*

Lift the Kunchita pada foot up to the knee and then swing it sideways either to the right or to the left. When the foot is brought down it should be placed in Anchita pada position.



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## 8. Akṣipta:

*sloka:*

Kunchitam Pada Muthkshipya  
Akshipya Chanchitam Nyaset  
Janghasvastika Sanyukta  
Akshipta Nama Sa Bhavet

*Meaning:*

The right Kunchita pada foot is raised and turned sideways and placed on the ground in the Kunchita pada position behind the left foot. It is then removed and placed next to the left foot in the Anchita pada position.



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## 9. Aviddha:

*sloka:*

Svastika Syagrataha Padaha  
Kunchitastu Prasarithahal  
Nipatedanchitaviddda  
Aviddha Nama Sa Smruta

*Meaning:*

The Agratala feet are first crossed (to form a Svastika) and then uncrossed. The right foot is then raised and extended forward. This foot is then brought back so that the heel touches the back of the other foot's ankle.



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## 10. Udvartta:

**sloka:**

Padamaviddha Maveshtya  
Samutkshipya Nipatayet  
Parivrtya Dvitiyancha  
Sodvrtta Charyudahruta

**Meaning:**

This movement is similar to Aviddha Chari, except, after extending the right leg forward, it is turned sideways to the right with the body taking a full turn. The body is now back in the original position with right foot in Anchita pada position.



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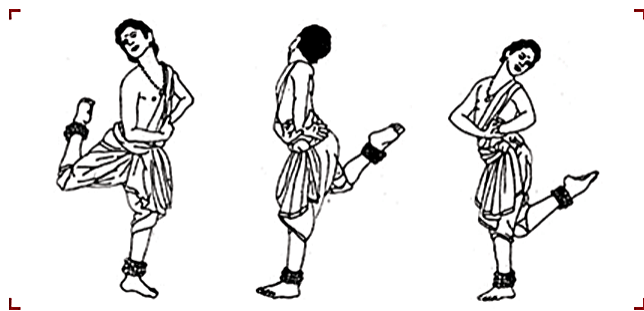
## 11. Vidhutbhranta:

**Sloka:**

Prushtaha Prasaritaha  
Pado Valitabhyantarikrutaha  
Parshni Prapaditaschaiva  
Alata Sa Prakirtita

**Meaning:**

Raise the right foot at the back with the toes pointing towards the head, and then a full circle



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## 12. Alata:

**sloka:**

Prushtaha Prasarithaha  
Pado Valitabhyantarikrutaha  
Parshni Prapaditaschaiva  
Alata Sa Prakirtita

**Meaning:**

The right foot is placed forward in Samapadam, and the left foot is raised at the back with toes pointing up. In this position the body takes a full turn from the left and ends with the left leg placed in Anchita pada position.



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### 13. Bhujangatrasita:

**sloka:**

Kunchitam padamutkshipya  
Tryasramuru pravartayet  
kutijanu vivartena  
bhujangatrasita bhavet

**Meaning:**

The right Kunchita foot is raised till the knee is in front of the chest, and then the leg is turned sideways to the right with the body taking a full turn while maintaining the raised leg with toes pointing up.



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## 14. Mrugapluta (Harinapluta):

*sloka:*

Atikrantakramam Krutva  
Samutplutya Vipatayet  
Janghanchito Parikshipta  
Sa Gneya Harinapluta



*Meaning:*

The right Kunchita pada foot is raised in front like in Atikranta Chari and then quickly alternated with the left foot being extended forward. The left foot is then brought back with the toes pointing towards the inside of the right knee.



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## 15. Dandapaada:

**Sloka:**

Nupuram Charanam Krutva  
Purataha Samprasarayet  
Kshipramaviddha Karanam  
Dandapada Tu Sa Smruta

**Meaning:**

The right Kunchita pada is raised and used to beat behind the ankle of the left leg.



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## 16. Bhramari:

**sloka:**

Atikranta Kramam Krutva  
Trikam Tu Parivartayet  
Dvitiya Pada Bhramanattalena  
Bhramari Smruta

**Meaning:**

The right Kunchita pada is raised up with the knee facing out. It is then brought in with the knee facing the left knee and then turned out again with the foot shaking and in Anchita pada position.



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