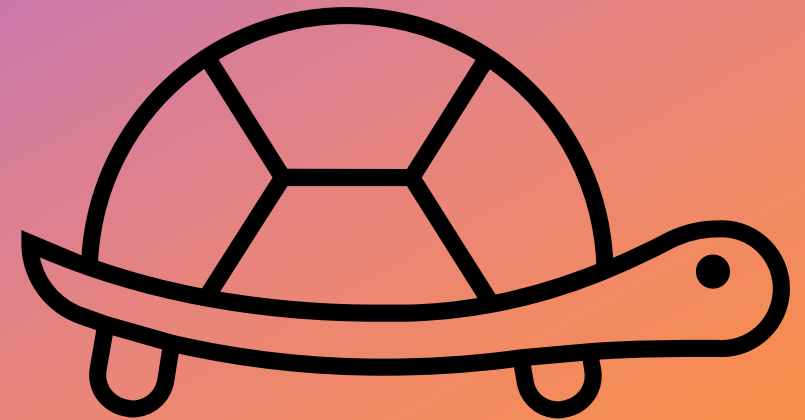


THE TORTOISE : HAND GESTURES AND MOVEMENTS.

This is part 3 of the Odissi Program.
This contains both movements and
gestures of the Tortoise video



To Do List!



1. Look at Characteristics of tortoise



2. Learn the hand gesture – 'kurma'



3. Learn the foot position



4. Learn the movement of the tortoise



1. What are the characteristics of a Tortoise?

1. The tortoise can be either a big or a small animal. It has varied sizes.

2. The tortoise is a slow-moving animal

3. The tortoise is found on land

4. The tortoise has a very hard shell on its back. Only the neck and the four feet of the tortoise are visible under the shell.





IMAGE OF THE KURMA

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2. Hand Gesture used for a tortoise



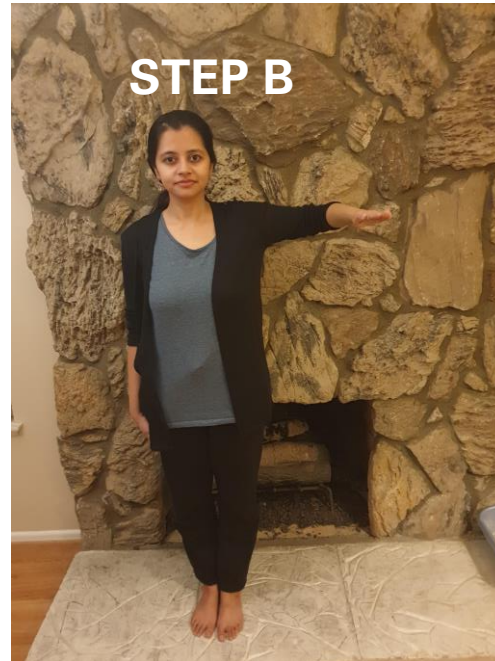
The hand gesture used to represent a tortoise is called 'kurma'.



The word kurma means tortoise.



Kurma: Forming tortoise with your Hand- Step 1



The method to form the kurma gesture is very simple. There are 5 easy steps. Please follow the steps:

1. Step 1:
 - A. Raise your left arm at shoulder level.
 - B. Break at the elbow forming a 90Degree angle.
 - C. Bring your hand right under your chin. Join the fingers of your palm together and make your palm face your face.

Kurma: Forming Tortoise with your Hands- Step 2



Step 2:

- A. Do the same with your right hand.
- B. But place the palm of your right hand vertically over your left hand.

Kurma: Forming Tortoise with your Hands- Step 3



1. Little fingers and thumbs are pushed to the sides

Step 3:

- A. Push your thumbs
- B. Push your little finger to the sides

Kurma: Forming Tortoise with your Hands- Step 4



Step 4:

A. wrap the remaining 3 fingers of each hand under the palms.

This is the kurma or tortoise gesture.

Kurma: Forming Tortoise+with your hands- Step 5



Step 5:

- A. Raise your shoulders slightly and push your chin forward.

3. Foot Position: Step 1



- The foot position for the tortoise is simple as well.
- Step 1: Part your legs sideways to create a 6cm gap between both feet.



Foot Position: Step 2

- Step 2: Turn both your feet outwards.



Foot Position: Step 3

- Step 3: Bend your knees a little bit.

THE ENTIRE LOOK!

This is the entire look of the tortoise!

1. Shoulders raised slightly, chin forward



2. Back is straight



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4. Movement of the Tortoise: Step 1

For doing the movement follow these simple steps:

Step 1: Remain in the position you just learnt and move your right leg forward. Move your head slightly right too.



Movement: Step 2

Step 2: Slightly move your left leg forward. Remember that the tortoise is very slow and move your head very slowly to left along with your leg.

**GREAT WORK! NOW YOU HAVE
LEARNT BOTH THE HARE AND THE
TORTOISE. NOW FINALLY LET US
WATCH THE STORY!**

