



THE HARE

Characteristics, gestures,
steps and more...

Part 2 of the Odissi Program





To do list!

- 1. Learn hand gesture
 - ✓ Face
 - ✓ Tail
- 2. Learn foot position
- 3. Learn movement of the hare

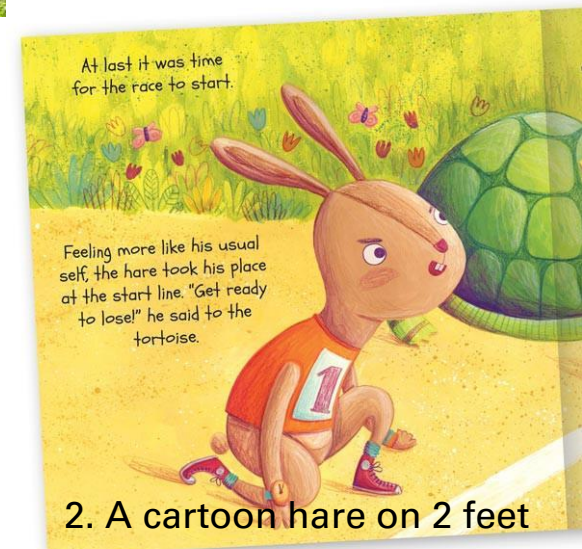
What are the characteristics of a Hare?

It is a small animal

It is extremely fast

A hare hops or jumps and runs

Might have seen animated characters on television to hop on two feet instead of four





1. Hand Gesture used for a Hare

- The hand gesture used to represent a hare in Odissi and most other Indian Classical Dance form is called *simha-mukha* (pronounced as *sim-ha-moo-khaa*)
- The word *simha-mukha* literally means a lion's head or face. *Simha* means a lion and *mukha* means a face. Therefore, lion's face. But it is used to represent all animals in dance.
- Now, the hare also has a tail. The hand gesture used to represent the tail of a hare or most other animal is a *Pataka* (pronounced pa-taa-kaa).
- The word *pataka* literally means a flag. But despite that it is used to represent many things.



SIMHA-MUKHA IMAGE:

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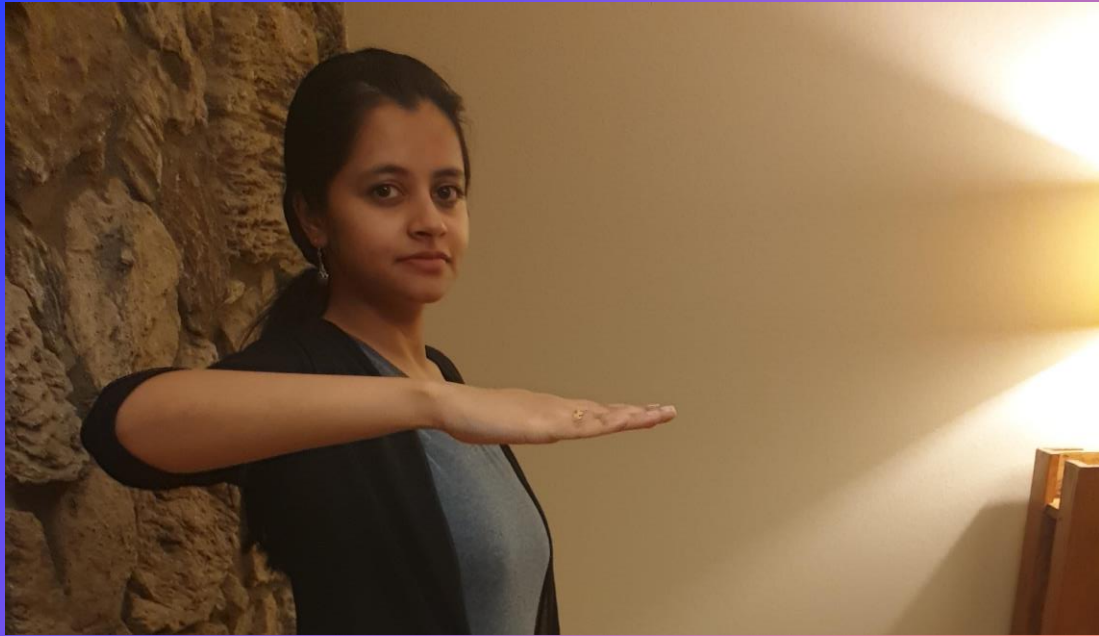




Step 1: Simha-mukha

The simha-mukha is very easy to form with your hands. Please follow the instructions below:

Step 1: Raise your right hand to your shoulder level. The shoulder and hand are in a straight line.



Step 2: Forming the Simha Mukha

- Step 2: Fold in your elbow at a 90-degree angle.





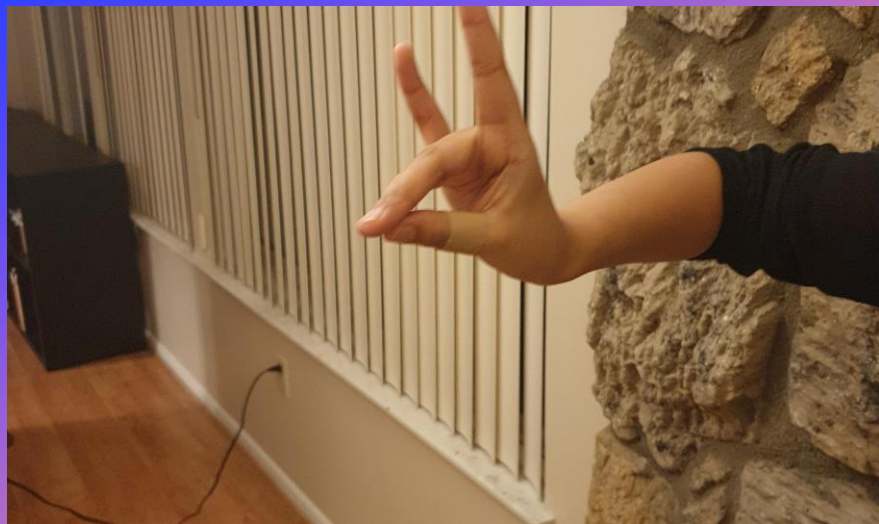
Step 3: Simha mukha

- Step 3: Now, join your middle and ring fingers of your right hand to your thumb



Step 4: Simha Mukha

- Raise the index finger and little finger tall and straight.



Step 5: Simha Mukha⁺

- Now bring your hand close to your face and place it right below your chin



PATAKA IMAGE:





Step 1: Pataka

The pataka gesture is even easier than simha mukha. Follow the instructions please:

Step 1: Raise your left hand to shoulder level so that your entire hand from your shoulder to the fingertips is in a horizontal straight line.

Step 2: Pataka



- Now fold in your elbow at a 90-degree angle again.



Step 3: Pataka + ●



- Join all the fingers of your palm. Make sure all the fingers are straight and standing tall.





Step 4: Patakasana

- Now move your hand to the back of your body and place it on your lower back.



The Hare Complete Posture

- This is how the hare will look from the front!



2. Foot position: Step 1

The foot position and step for the hare is extremely simple.

- Step 1: Stand on tip toes.



Step 2: Foot position

- Step 2: Bend slightly on your knees.



Step 3: Foot position

- Step 3: Donot slouch. Keep your back straight.

3. Movement

An illustration showing a sequence of three footprints. The first footprint is solid black. A dashed line with an arrowhead at the end connects the first footprint to the second, which is also solid black. A second dashed line with an arrowhead connects the second footprint to the third, which is solid black. The footprints are arranged in a slightly upward-curving path from left to right.

It is a jump cum run. As if you are using a jump rope to move. You can move your eyes a bit here and there. To show the impatience and fastness of the hare.

- Step 1: Leap with the right foot as if you were using a jump rope and then lift the left leg up and place it next to the right!

**GOOD JOB! LET US MOVE
TO THE TORTOISE NOW!**

LOOK FOR THE FILE TITLED THE TORTOISE