

## Techniques and Ideas for Improvisation Project (Level 4 exam) Sadhana School of Celestial Arts

### **SIOka** (5 min)

Take one or two words at a time and explore (a) waves around each stable note of the rAga (b) waves from a varanam/kriti of this rAga (c) addition of celestial feeling through visualization.

Basic preparation: *AkAram* with musical-note patterns (especially skip-note slide), *AkAram* with varnams (three speeds with metronome, using BLOCKS of WAVES), *AkAram* with kritis (medium speed).

### **tAnam** (5 min)

Use *nA-rAya-NAya* rhythmic chant patterns to do *A-namta-namta tA-namta-namta*, with focus on the open 'A' sound from the throat, dental consonants 'n' and 't', lip consonant 'm', and sphenoid-ethmoid resonance (sharp, buzzing sound). You can also use syllables from dhruvad tradition - *tada-ranana-nanana, dhira-nanana-nanana, tara-nanana-nanana*.

### **pallavi (nireval)** (5 min)

Take one or two words at a time, figure out the time duration (i.e. number of beats), and while strictly following the time constraint, explore (a) waves around each stable note of the rAga (b) waves from a varanam/kriti of this rAga (c) addition of celestial feeling through visualization.

Then sing the whole line with the tALa, using BLOCKS of WAVES.

### **kalpanasvara** (10 min)

- Short calculated phrases (3-4 beats). E.g. for three beats (12 units), you can do 3+3+3+3, 3+3+6, 7+5, 5+7, 3+9.
- Short random phrases starting off beat: E.g. 3.5 beats, 6.5 beats.
- Medium calculated phrases (10-12 beats). You can use flow of eights.
- Medium korvais (10-12 beats).
- Grand finale: Random patterns applying celestial musical note techniques, korraippu (3+8+8+8+5, 3+8+5, 3+5), ending korvai repeated three times.

Basic preparation: 3/5/7-note patterns with tALa using BLOCKS of WAVES, patterns from *nArAyaNAya* rhythmic chant and *skanda mantra tarangam*, celestial musical note techniques.

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### **Project Ideas**

<i>hamsadhvani:</i>	<i>muruga muthukumara shanmuga - mayilmIdu varavENDum</i>
<i>hindOLam:</i>	<i>nAda nATya tarangam - paramAnandam</i>
<i>valaji:</i>	<i>SrI gAyatri - sUrya svarUpiNi</i>
<i>hamsAnandi:</i>	<i>ISvarA gangAdhara - SambhO Sankara</i>
<i>Suddha-dhanyAsi:</i>	<i>Om namo bhagavate - nArAyaNAya</i>
<i>AmrithavarshiNi:</i>	<i>sarasijAkshi jaganmOhini - nArAyaNi</i>
<i>madhyamAvati:</i>	<i>hE muraLI mAdhava - AnandarUpa</i>