

HANUMAN

Multicultural Dance Teaching Pack

Primrose Education Resources

ACKNOWLEDGEMENTS

Author: **Bisakha Sarker** (MSc) is a creative dancer born and educated in India and trained in creative and classical Indian dance techniques at the Uday Shankar Indian Culture Centre. This training forms the basis of her contemporary style of dance.

'Dancers and dance enthusiasts are visionaries with a special understanding of motion and stillness. Few things interest me more than being able to share the joy of dancing.'

Musicians: **Vandana Rastogi** was born in Ajmer, India and started her training in dance at the age of three. She had her first lesson in sitar playing at the age of eight and went on to become an outstanding scholar of both classical Kathak dance and sitar at the Rajasthan Sangeet Natak Academy, gaining a B.A. in Kathak and an M.A. in sitar – graduating top in the University. As a performer she has appeared throughout India and the U.K.. She currently lives in Liverpool and has worked on various dance and music projects for Merseyside Arts and the Scottish Arts Council.

Sandeep Popatkar, provides accompaniment on tabla - two piece drums. Sandeep is the son of the late Pandit Manikrao Popatkar and is an outstanding artist who has performed widely in the U.K., the U.S.A. and Canada.

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PRIMROSE MULTICULTURAL DANCE TEACHING PACKS

The Primrose Dance Packs use a formula of progressive development around a central theme, and provides VISUAL and AUDIBLE stimuli to evoke responses from the dancers. This enables the teacher to focus on the theme and its movement possibilities.

The Primrose Packs provides attractive **wall chart posters** which stimulate discussion and act as excellent dance starters. The accompanying music **CDs** ‘guarantee’ lively responses from the dancers as they include up to date sounds and user-friendly sections of music which can be used as practices in lessons and comprehensible compositions leading to attractive dance production pieces that would entertain any audience.

To create the Multicultural Dance Packs we have allowed an experienced dance educator, confident in teaching dance development from stimulus from other cultures, to work alongside a specialist composer/musician who enjoys working with dancers - for good measure, on the **Teacher Cue Cards** enclosed with each pack, our dance educator has written some lesson notes for you, just in case you need them!

INTRODUCTION

This dance teaching pack is not designed to turn you into a teacher of classical Indian dance, what it will do is to provide you with authentic sitar and tabla music composed for dance lessons, and complementary visuals to enable you to teach and produce creative dance using an Indian stimulus.

The music has been specially composed to provide a straightforward, but exciting, dance development programme and a range of dance performance possibilities. Listening to the tapes will invoke the four quarters of the central theme and the cycle of development words, ultimately your children through the medium of dance will recreate the story of Hanuman.

Read the story of Hanuman which you will find in the 'Background Notes' in this booklet, and listen to the story as it is recited by Bisakha Sarker on the '**Dance Compositions CD (track 5)**'. As you later listen to the other **CD** in the pack the '**Dance Development Programme**' you will encounter the dance music compositions which interweave with Bisakha's rendition of the story.

Getting to know about Hanuman before the dance lessons will help you to gain an overall picture of the complete story, enabling you to build up the dance/drama gradually and successfully.

HANUMAN ...

the story of Hanuman, the Monkey God - recited on the Hauman CD by Bisakha Sarker

Long ago when the world was young, there grew a beautiful forest with trees and bushes of many variety. In those trees grew flowers of every shape and colour. The forest was full of many exotic and juicy fruits.

In this forest lived a very special monkey called Hanuman. Hanuman was a strong monkey, he was indeed so powerful that when he grew older he managed to lift a whole mountain on the palm of his hand. Moreover, he had some magical power. With that magical power he could grow gigantic or make himself tiny, so tiny that he could pass through the eye of a keyhole.

Although he grew up to be kind and helpful, at times young Hanuman was quite cheeky. One day when he was in this cheeky mood feeling hungry and peckish and leaping about, he looked up and saw the bright beautiful sun shining with its golden rays. To him it looked beautiful he could hardly take his eyes off it, he stared and stared . He wondered, could it be a big orange? and he felt more hungry. He wanted to reach up to that orange and eat it up, and then he stared and stared. He thought, could it be a ball? and he started to dream.

He was dreaming and in his dream he started to think how could he reach up to the sun and hold it in his hands and look at it from all sides? At first he decided to climb a tree and reach out to catch it. He tried and tried and tried to reach up to the sun but he could not reach it. He tried and tried and tried again but still he could not. Then suddenly he remembered about his magical powers. Good idea. He flew up to the sun and brought it down.

He happily started to play with it. He jumped with joy holding it above his head. He twisted and turned and leaped about holding his special ball above his head. He threw it up and caught it, he tossed it from one hand to the other. He bounced it on the ground and he carried on playing with the ball.

Soon he came out of his daydream and saw the sun was still up there in the sky. But now he wanted it even more, much more than ever before. So he decided to fly up to the sun. Seeing Hanuman coming to catch him, the sun tried to hide behind a cloud and get away from Hanuman.

He cried out for help. Indra, the god of rain, was passing by on his huge white elephant. He rushed to the sun's help. He quickly threw his thunder bolt and it hit Hanuman and he fainted. The trees and the bushes, the birds and the bees sadly watched Hanuman as he lay on the ground. Hanuman's father Bavundiv was the god of the wind. When it was getting late, he called for Hanuman. 'Hanuman...Hanuman...' there was no answer, so he started to look for him. Gentle winds started to blow moving the leaves and the bushes.

He called out loudly 'Hanuman!....Hanuman!' still there was no reply. Stronger and stormy winds rushed from one corner to another searching high and low for Hanuman until suddenly he saw Hanuman lying on the ground.

Sad and shocked and angry, Bavundiv picked up Hanuman's limp body in his arms and left the world. The sun being frightened and hiding behind a huge cloud, the world became dark and cold. Then when the god of the wind left the world too, everything started to die. Silently and sadly the fruits withered, the flowers faded, the leaves drooped and the trees collapsed. No-one could breathe properly. Men and animals began to die. A dark deadly silence covered the whole world.

Seeing this sad state of the world, Indra became worried. Climbing on his elephant, he went to see Hanuman's father. Finding him, Indra removed his spell and slowly Hanuman's toes started to twitch, his legs began to move, his arms pushed up into the air and his hands were making beautiful shapes. He opened his eyes and woke up with a big stretch. He quickly jumped to his feet and leapt about cheekily. Then he remembered about the sun and he was just about to fly off to get the sun when his father stopped him. He told Hanuman gently

Hanuman; the Indian Monkey God

‘Come on Hanuman stop this game’. But he was still in his cheeky mood and Hanuman said ‘NO!’ His father looked at him angrily, stronger winds started to blow. He said ‘Stop this Game!’, but Hanuman still did not want to listen he cheekily said ‘NO!’. This time his father was furious, a storm broke out and he cried furiously ‘Stop that game just now!’.

Hanuman came to his senses and realised that he was being naughty and greedy. He promised not to disturb the sun again. The sun smiled in the sky, the winds started to blow, all the trees and flowers started to grow again.

Indra was delighted to see the world becoming happy again. Tears of happiness rolled down his cheeks and it started to rain. A lovely rainbow appeared in the sky and the rain washed away all the sadness from the world and the world became a beautiful place again.

