

Kalarippayattu



Masterclasses

by

Master Bosko Nedunilam Joseph

28, 29, 30 June 2019

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Novalis Instituut

Kalarippayattu (Kalarippayat / Kalaripayat) is one of the oldest living traditions of martial arts training in the world, having its roots in the Dhanurveda, the ancient Indian science of warfare. Martial arts training and self-disciplining through a ritualistic and spiritual process of learning is synthesized in the Kalarippayattu tradition that found its roots in Kerala, the southernmost state of India. In Malayalam, the name kalarippayattu means martial art training inside a kalari or arena.

Though exact proofs of various stages of evolution of the Kalarippayattu tradition are still being traced, available historical evidences show that the form as practiced today, evolved during the 9th through 12th centuries A.D in the Kerala society.

Being the forerunner of many performing traditions of Kerala, Kalarippayattu has contributed greatly to the development of the well known classical and rural art forms like Kathakali, Theyyam and many other folk traditions. The actor training process in Kathakali has drawn considerably from Kalarippayattu in the methods of physical training and choreography in the methods of physical training and choreography where an actor uses his body as the basic medium of expression. This concept of body training aimed at perfect psychophysical integration has attracted considerable interest from dance and acting circles in the western countries.

Meythari or body exercise is the first stage in the learning of Kalarippayattu. Meythari consists of graded series of physical exercises, which helps to attain an agile and supple body, stamina, strength and quick reflexes, balance, stability of foot works, etc. In this phase the student learns various types of leg stretching exercises, and some stances like Gaja Vadivu (Elephant Pose) Aswa Vadivu (Horse Pose) Simha Vadivu (Lion Pose) and also leaps, jumps, twists and some body movements unknown to other martial arts.

Next stages are exercises with wooden weapons (Kolthari) and metal weapons (Ankathari) as well as Verum Kai Prayogam (Bare Hand Fight)

A joint venture of Kalari Amsterdam and the Novalis Instituut / Palladium Productions has now invited Master Bosko Nedunilam Joseph for masterclasses in Amsterdam. Master Bosko Nedunilam Joseph teaches in the lineage of E. P. Vasudeva Gurrukul.



TIME SCHEDULE

LEVEL OF PARTICIPATION:	DATE:	TIME:	TOPIC:
BEGINNERS	28 JUNE 2019	10 - 11 AM	MEYTHARI (PREPARATION); BASIC MOVEMENTS AND POSES
	29 JUNE 2019	10 – 11 AM	1TH MEIPPAYATTU
	30 JUNE 2019	10 – 11 AM	2ND MEIPPAYATTU
ADVANCED	28 JUNE 2019	12 – 14 PM	KOLTHARI (WOODEN WEAPONS)
	29 JUNE 2019	12 – 14 PM	ANKATHARI (METAL WEAPONS)
	30 JUNE 2019	12 - 14 PM	KOLTHARI & ANKATHARI

More information:

Novalis Instituut;

www.novalisinstituut.nl or <https://www.facebook.com/Kalarippayatamsterdam/>

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