



Chari (Walks)

1. *Calana* (moving the feet from its original place)
2. *Cankramana* (jumping with the outer side of the feet)
3. *Sarana* (moving like a leech)
4. *Vegini* (quick movement on heels or toes)
5. *Kuttana* (striking the ground with the heels of the entire sole)
6. *Luthita* (striking the ground with feet in svastika)
7. *Lolita* (after striking the ground, the foot is lifted and moved forward)
8. *Visama sancara* (a foot encircling the other and placed to the side)