



Utplavana (Jumps)

1. *Alaga* (taking a leap upward)
2. *Kartari* (taking a leap, standing on toes, one foot behind the other)
3. *Aswa* (taking a leap forward with one foot and the second leg to be placed along the first leg)
4. *Motita* (taking a leap like in kartari but both ways alternatively)
5. *Krpaalaga* (jumping raising the heels to the hips alternatively)