

In Memory of
Guru Banamali Maharana
(1941-2018)

MARDALA TRAINING

Basic Sounds & Taals

	<u>Mins.</u>
1 Basic Sounds (right hand)	00.10...
2 Basic Sounds (left hand)	01.35...
3 Basic Sounds (both hands)	02.10...
4 Basic Taals:	04.31...
4.1 Ekataal (<i>4 beats</i>)	04.36...
4.1.1 right hand	05.30...
4.1.2 left hand	05.55...
4.2 Aaditaal (<i>16 beats in 4 parts. After 9 beats, there is a free beat...</i>)	06.23...
4.2.1 left hand	07.16...
4.2.2 right hand	07.56...
4.3 Jatitaal (<i>14 beats in 4 parts. After 8 beats, there is a free beat...</i>)	08.33...
4.3.1 right hand	09.31...
4.3.2 left hand	09.51...
4.4 Tripata (<i>7 beats in 3 parts – 3,2,2</i>)	10.19...
4.4.1 right hand	10.44...
4.4.2 left hand	11.01...
4.5 Aadataal (<i>14 beats in 4 parts – 4,3,4,3</i>)	11.20...
4.5.1 left hand	11.57...
4.5.2 right hand	12.17...
4.6 Sarimaan (<i>14 beats in 4 parts – 4,2,4,4</i>)	12.44...
4.6.1 right hand	13.23...
4.6.2 left hand	13.37...

4.7 Jhampa (<i>10 beats in 4 parts – 2,3,2,3</i>)	14.00...
4.7.1 left hand	14.37...
4.7.2 right hand	14.54...
4.8 Matha (<i>10 beats, in a series of 2s</i>)	15.18...
4.8.1 right hand	15.54...
4.8.2 left hand	16.09...
4.9 Khemta (<i>6 beats in 2 parts – 3,3</i>)	16.31...
4.9.1 right hand	16.53...
4.9.2 left hand	17.01...
4.10 Jhulla (<i>6 beats in 2 parts – 3,3</i>)	17.11...
4.10.1 left hand	17.22...
4.10.2 right hand	17.30...
4.11 Roopak (<i>6 beats in 2 parts – 2,4</i>)	17.40...
4.11.1 left hand	18.05...
4.11.2 right hand	18.19...
5 Taal Examples (<i>played sequences</i>)	18.35...
5.1 Ekataal	18.41...
5.2 Jatitaal	19.11...
5.3 Triputa	19.59...
5.4 Aadataal	20.34...
5.5 Roopak	21.17...
5.6 Jhampa	21.56...
End	22.42