

“sri sri nityananda goura-candrayam namah”

↓ ↓  
VRJA VILASA  
KIRTAN

*mridanga badya , sunite mana  
abasra sada yace  
goura-vihita ,kirtana suni,  
anande hridaya nace*

↓ ↓  
VRJA VILASA  
KIRTAN

“My mind ever longs for the opportunity to hear the music of the Mridanga .Upon hearing the kind of kirtana ordained by Lord Gaurachandra my heart dances in ecstasy.”

([www.vrajavilasakirtan.blogspot.com](http://www.vrajavilasakirtan.blogspot.com))

My compiled

## MRIDANGA NOTES

*namo jagannatha –sutaya namo mridangaya namah  
lavanya-rasa madhury- sahasra –guna –samyuktam  
namo mridangaya namo namoh  
namo baladevaya namo namah*

I offer my respectful obeisances unto the son of Sri Jagannatha Misra (Sri Caitanya Mahaprabhu .) I offer offer obeisances unto the Mridanga, from which sweet and nectar sound emanates. I offer my obeisances again and again unto the Mridanga which has thousands of good qualities. And I offer my obeisances unto Lord Baladeva who assumes the form of the Mridanga to serve Lord Caitanya.

*mridanga- brahma –rupaya lavanya –rasa-madhuri-  
sahasra-guna samyuktam mridangaya namo namah*

Unto the Mridanga, that supreme Brahman formed as a clay drum which is infused with the sweet mellows of graceful enchantment, and endowed with thousands of transcendental qualities, I bow down again and again.

Hare Krishna Hare Krishna  
Krishna Krishna Hare Hare  
Hare Rama Hare Rama  
Rama Rama Hare Hare



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**Bols:-**

**Lesson 1 : Dayan (small side) Bols**

Two open bols - ta and na  
Three closed bols- ti, ra, and te

ta--na--ti--ra—te



**Lesson 2 : Dayan (small side) Practice**

ta ti ta ti ta ti ta ti

tata ti tata ti tata ti tata ti

tatata ti tatata ti tatata ti tatata ti

ta---ti ta-ti pause ta---ti ta-ti pause ta---ti ta-ti pause

ra-ti-ra-ti-ta ta pause ra-ti-ra-ti-ta ta pause ra-ti-ra-ti-ta ta

ta---ti ta-ti ra-ti-ra-ti-ta ta etc. just combining previous two

ta te-ra ta te-ra ta----ta te-ra ta te-ra ta

ta te-ra ta te-ra tata ti----ta te-ra ta te-ra tata ti

**Lesson 3 : Bayan (big side) Bols**

Three open bols- gha, ga, and gin  
One closed bol- ka

gha is also known as ghe or ghi

ga is also known as ge or gi

gin is always gin

ka is also known as ke or ki

**Lesson 4 : Bayan (big side) Practice**

ke----ke-ta-ghe-ghe

ghe ta--gheghe-ta----ke ta--keke ta

ghe ta--gheghe-ta----ghe ta--keke ta

ghe tata ghe tata ghe tata ghe tata ghe tata

ke tata ke tata ke tata ke tata ke tatata

### **Lesson 5 : Combo Bols**

ta + gha = dha

ta + ga = dha

ta + gin = dha

ti + gha = dhin

ti + ga = dhin

ti + gin = dhin

ta + ka = Ta with a capital T

ti + ka = kat

gha + ta = jha delayed

### **Lesson 6 : Combo Bols Practice**

Dha Dhin Dhin Dha Dha Dhin Dhin

kat ta Ta ta ti Ta ta ta

### **Hand Practice Mantra – TeReKeTa**

First Part:

te--re--ke--ta

te--re--ke--ta

te--re--te--re--te--re--ke--ta

Second Part:

ti--ki--ta--ki--te--re--ke--ta

Third Part:

ke--ta--ta--ki--te--re--ke--ta

FYI: The first ta of this third part is actually the same as re

**Tals:-**

**Tintal Lesson 7 –**

**Theka -**

dha-dhin-dhin-dha-dha-dhin-dhin-dha-dha-ti-ti-ta-ta-dhin- dhin-dha

**Prakars-**

dha with a lower case d is ta+ga.

Dha with a capital D is ta+gin

Ra with a capital R is ra+ ga

1 - dha Rati-Rati dha dha Rati-Rati dha dha rati-rati ta ta Rati-Rati dha

2 - Dha Rati-Rati Dha Dha Rati-Rati Dha Dha rati-rati ta tete gin dhin dha

3 - dha gin gin dha dha gin gin dha ta kin kin ta tete gin gin dha

**Prabhupada Tal Lesson 8 –**

**Theka-**

dha ti-ra-ki-ti-ta ta ti-ra-ki-ti-ta ka ti-ra-ki-ti dha dhin dha dhin dha

**Prakars-**

1 - ke----ke-ta-ghe-dha--dhin--dha--dhin--dha--dha---ti---ta--ti-- ra-ti-ra-ti-ta

2 - Ta----ke-ta-ghe-dha ti dha ti dha dha---ti--ta--ti ra-ti-ra-ti-ta

3 - keke--ke-ta-ghe-dha ti dha ti dha dha--dha--Ta--ti ki-ti-ta-ki-ti-ta-ta

4 - ke----ghe-ghe-ghe-dha ti dha tiTa-tidha-dha--Ta--ti--ra-ti-ra-ti-ta

5 - Ta-ta---ke-ta-ghe-dha-ta-ti--dha-ta-dhin--dha-ta-ge-ta-ta-gin  
ta--ti--ra-ti-ra-ti-ta---Ta-ta---ke-ta-ghe-dha dhin dha dhin dha dha  
ti--ta--ti--ra-ti-ra-ti-ta

6 - Ta-ta---ke-ta-ge-dha-ta-dhin--dha-ta-dhin--dha-ta dhin-ta--gin  
ta--ti--ra-ti-ra-ti-ta---Ta-ta---ke-ta-ghe-dha dhin dha dhin dha dha  
ti--ta--ti--ra-ti-ra-ti-ta

7 - dhak---gin-nak-ge-dha ta dhin--dha ta dhin--dha ta dhin ta gin  
ta--ti-ki-ti-ta-ki-ti-ta--Tata---ke-ta-ghe-dha-ta-ti--dhin ta ta dhin  
ratirati-dha--dha--Ta-ti--ti-tatatata-ti-Tata---ke-ta-ge-dha ta dhin  
dha ta dhin--dha ta dhin ta gin--ta--ti-ki-ti-ta-ki-ti-ta--Tata---  
ke-ta-ghe-dha-ta-ti--dhin ta ta dhin--ratirati-dha--dha--Ta-ti  
ra-ti-ra-ti-ta-dhak---gin-nak etc.

8 - kekeke= ke-tete ke-tete ke-te ta-ta (used before P tal)

dhak---gin-nak-ge-dha ta dhin--dha ta dhin--dha ta dhin ta gin  
ta--ti-ki-ti-ta-kekeke--Tata---ke-ta-ghe-dha-ta-ti--dhin ta ta dhin  
ratirati-dha--dha--Ta-ti--ti-tatatata-ti-Tata---ke-ta-ge-dha ta dhin  
dha ta dhin--dha ta dhin ta gin--ta--ti-ki-ti-ta-ki-ti-ta--Tata---  
ke-ta-ghe-dha-ta-ti--dhin ta ta dhin--ratirati-dha--dha--Ta-ti  
ra-ti-ra-ti-ta-dhak---gin-nak etc.

### **Kaherva Tal Lesson 9 –**

#### **Theka-**

dha---ghe---na---ti---na---ka---dhin---na

#### **Prakars-**

1 - Normal speed: dha---ghe---ti---Ta---ta---ghe---dhin---ta  
Faster speed: dha---ghe---ti---Ta---ta---ghe---ghe---ta

2 - Normal speed: ta---ghe---ti---Ta---ta---ghe---dhin---ta  
Faster speed: ta---ghe---ti---Ta---ta---ghe---ghe---ta

3 - Normal speed: ta---pause---ti---Ta---ta---ghe---dhin---ta  
Faster speed: ta---pause---ti---Ta---ta---ghe---ghe---ta

4 - Normal speed: dha---pause---dhin---Ta---ta---ghe---dhin---ta  
Faster speed: dha---pause---dhin---Ta---ta---ghe---ghe---ta

5 - Normal speed: dha---pause---ti---Ta---ta---ghe---dhin---ta  
Faster speed: dha---pause---ti---Ta---ta---ghe---ghe---ta

6 - This rhythm is better sounding in faster speed  
Normal speed: ta---gin---ti---Ta---ta---ghe---dhin---ta  
Faster speed: ta---gin---ti---Ta---ta---ghe---ghe---ta

7 - Both are normal speed. In other words, you can't speed them up.  
The second rhythm should be used more frequently since it sounds better i.e. the one  
that uses ke instead of ghe.

First rhythm: dha---gin---ti---Ta---ta---ghe---dhin---ta

Second rhythm: dha---gin---ti---Ta---ta---ke---dhin---ta

- 8 - Normal rhythm: dhata----gin---Ta---ta---ke---dhin---ta  
 9 - Normal rhythm: dhin--ta--ti--Ta--ti--dha--dhin—ta  
 10 - Normal rhythm dhin--dha--dhin--ta--ti--Ta--dhin—ta  
 11 - Normal rhythm: dhin--gin--ta--Ta--ti--ke--dha—ta  
 12 - Fast rhythm: ta---pause---ti---Ta---ta---pause---ghe---ta  
 13 - Fast rhythm: ta---ke---ti---Ta---ta---pause---ghe---ta  
 14 - dha--pause--ti--Ta--ta--pause--ghe—ta  
 15 - First rhythm: ta--ke--pause--ke--ta--pause--ghe--pause  
 Second rhythm: tata--keta—ghe  
 16 - Beginning: dha--gin--ti--Ta--ta--ghe--ghe--dha--ta--gin--ti--Ta--ta  
 Middle: ghe--ghe--dha--ta--gin--ti--Ta--ta  
 End: ghe--ghe--ta—dha

### **Bhajani Tal Lesson 10—**

#### **Theka –**

dhin--pause--ta--dhin--pause--dhin--ta--pause--ti--pause--ta--ti--pause--ti—ta

#### **Prakars –**

- 1 - dhin--pause--ta--dhin--pause--dhin--ta--pause--ti--pause--ta--ti--pause--ti--ta  
 dhin--pause--ta--dhin--pause--dhin--ta--pause--ti--ti--ta--ti--pause--ti—ta  
 2 - dhin--pause--ta--dhin--pause--dhin--dha--pause--  
 ti--pause--ta--ti--pause--ti--ta  
 dhin--pause--ta--dhin--pause--dhin--dha--pause--  
 ti--ti--ta--ti--pause--ti—ta  
 3 - ghe--pause--ta--ghe--pause--ghe--ta--pause--ke--pause--ta--ke--pause--ke—ta  
 4 - ghe--pause--ti--dha--pause--ghe--ti--ta--ke--pause--ti--Ta--pause--ke--ti—ta  
 5 - dhin----Ta----ti----ta----ke--ke--ta--ghe--pause--ghe—ta  
 6 - ghe--gin--ta--gin---pause--gin--ta--pause--ke--pause--ta--ghe--pause--ghe—ta  
 7 - ghe--pause--ta--ke--pause--ke--ta--pause--ti--pause--  
 ta--ke--pause--ke--ta--pause--ti--pause--  
 ta--ke--pause--ke--ta---pause  
 ghe--ghe--ta--ghe---pause--ghe--ta—pause  
 8 - dhin--ta--ta--ke--ti--Ta--ta--pause--kat--ta--ta--ghe--ti--dha--ta—pause  
 9 - dhin--gin--ta--dha--ti--pause--dha--ta--ti--gin--ta--Ta--ti--ke--ta—ta

**Dadra Tal Lesson 11 –**

**Theka -**

dha--dhin--na--dha--ti—ta

**Prakars –**

1 - ghe-ti-ra----ghe-ti----ta-ta----ghe-ti-ra----ghe-ti----ta-ta  
gin-ti-ra----ke-ti----ta-ta----ke-ti-ra----ke-ti----ta-ta

2 - ghe-te-te--ghe-te-te--gheta-gheta-gheta  
ghe-te-te--ke-te-te--keta-keta-keta

3 - guru---dhin-ta---Ta-ta---guru---dhin-ta---Ta-ta

4 - dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti

5 - dhin----dha-dhin----dha-ta----ti----dha-dhin----dha-ta  
dhin----gin----ta-ta----ti----ke-ke----ta-ta

6 - dha----gin-ga----dha-ta----dhin----dha-dhin----dha-dha  
dhin----gin----ta-ta----ti----ke-ke----ra-ti-ra-ti

7 - dhin-ta----dhin-ta----dhin-ta----kat-ta----dhin-dha----dhin-dha

8 - dhin-ga-ta-ta-ta---dhin-ga-ta-ta-ta---dhin-pause-ta-ta-ta-ti-pause-ta-ta-ta---dhin-  
ga-ta-ta-ta---dhin-ga-ta-ta-ta-ti  
pausee-ta-ta-ta-ti-Ta-pause-ta-ta-ta-gha

9 - dhak---dha-ta-ta-ta  
dhak---dha-ta-ta-ta  
dhak---ta-ta-ta-ta  
nak---ta-ta-ta-ta  
dhak---dha-ta-ta-ta  
dhak---dha-ta-ta-ta  
dhak-pause-ta-ta-ti-ti-ta-ta-ka-ta-ta-ta-gha

dhin---dha-ta-ta-ta  
dhin---dha-ta-ta-ta  
dhin---ta-ta-ta-ta  
ti---ta-ta-ta-ta  
dhin---dha-ta-ta-ta  
dhin---dha-ta-ta-ta  
dhin-pause-ta-ta-ti-ti-ta-ta-ka-ta-ta-ta-gha

10 - dhak---dha-ta-ta-ta  
dhak---dha-ta-ta-ta  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti  
tak---Ta-ta-ta-ta  
tak---Ta-ta-ta-ta  
Ta-ta-ti--Ta-ta-ti--Ta-ta-ti--ta-ta-ti  
dhak---dha-ta-ta-ta  
dhak---dha-ta-ta-ta  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti-dha

11 - dhak---dha-ta-ta-ta  
dhak---dha-ta-ta-ta  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti  
tak---Ta-ta-ta-ta  
tak---Ta-ta-ta-ta  
Ta-ta-ti--Ta-ta-ti--Ta-ta-ti--ta-ta-ti  
dhata--gin  
ta-dha-ta-dhin-ta-dha-ta  
dhinta--gin  
ta-dha-ta-dhin-ta-dha-ta  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti-dha

12 - ghe---ta---te-te-ke-ta-ke-ta-ke-ta  
ghe---ta---te-te-ke-ta-ke-ta-ke-ta  
ke---ta---te-te-ke-ta-ke-ta-ke-ta  
dha---Ta---dhin---Ta---dha

13 - dha---dha---ti---dha---ta-ta-dhin-ta---dha  
ta-dha-ta-dhin-ta-dha-ta  
Ta---Ta---ti---Ta---ta-ta-kat-ta---Ta  
ta-Ta-ta-kat-ta-Ta-ta  
dha---dha---ti---dha---ta-ta-dhin-ta---dha  
ta-dha-ta-dhin-ta-dha-ta  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti  
dha-ta-ti--dha-ta-ti--dha-ta-ti--ta-ta-ti-dha

14 - ghe-ta-ta--ghe-ta-ta--ghe-ta-ta--ghe-ta-ta  
dhin---dha-ta-ti-ghe-ta-ta---dhin---dha-ta  
ghe-ta-ta--ke-ta-ta--ke-ta-ta--ke-ta-ta  
kat---Ta-ta-ti-ke-ta-ta---kat---Ta-ta

15 - dhin---gin---tata---ti---keke---tata

16 - dhin---gin---Tata---ti---ghe---tata

17 - dhin---ghe---Tata---ti---keke---tata  
dhin---ghe---tata---kat---gheghe---tata



**Kemta Tal Lesson 12-**

**Theka –**

dhin--ta--ta--ti--dha--ta--dhin--ta--ta--ti  
dha--ta--dhin--ta--ta--ti--dha--ta--dhin--ta--ta--ti  
dha--ta--dhin--ta--ta--ti--dha--ta--dhin--ta--ta--ti  
dha--ta--dhin--dhin--pause--Ta--Ta--pause--dhin--dhin--pause--Ta--Ta—pause

**Prakars –**

1 - dhin--ge--dha--dhin--dha--dha--dhin--pause--ta--ti--ta—ta

2 - dhin---ge---ta---ti---ra-ti-ra-ti  
dha---ge---ta---ti---ra-ti-ra-ti  
dha---ge---ta---ti---ra-ti-ra-ti  
dha---ge---ta---ti---ta---ta  
dhin---dha---dha---ti---ta---ta  
dhin---dha---dha---ti---ta---ta  
dhin---dha---dha---ti---ta---ta  
dhin---dha---dha---ti---ta---ta

3 - dhin---dha-ti-ta---ti  
dha-ti-ta---dhin  
dha-ti-ta---ti  
dha-ti-ta-ta-dhin  
dha-ti-ta-ta-ti  
dha-ti-ta-ta-dhin  
dha-ti-ta-ta-ti  
dha-ti-ta-ta-dhin

4 - dhin---ta-dhin-ta---ti---ta-ti-ta  
dhin---ta-dhin-ta---ti---ta-ti-ta  
dhin---ta-dhin-ta---ti---ta-ti-ta  
dhin---ta-dhin-ta---ti---ta-ti-ta-ta  
dhin---ta-dhin-ta-ta---ti---ta-ti-ta-ta  
dhin---ta-dhin-ta-ta---ti---ta-ti-ta-ta  
dhin-ta-ta-dhin-ta-ta-ti-ta-ta-ti-ta-ta  
dhin-ta-ta-dhin-ta-ta-ti-ta-ta-ti-ta-ta

5 - dhin---ta-ti-Ta-ti---dha-ti-dha  
dhin---ta-ti-Ta-ti---dha-ti-dha  
dhin---ta-ti-Ta-ti---dha-ti-dha  
dhin---ta-ti-Ta-ta-ti---dha-ti-dha-ta  
dhin---ta-ti-Ta-ta-ti---dha-ti-dha-ta  
dhin-ta-ta-ti-Ta-ta-ti-ta-dha-dhin-dha-ta  
dhin-ta-ta-ti-Ta-ta-ti-ta-dha-dhin-dha-ta

6 –

First mantra:

dhin---dha-ti-dha---ti  
dha-ti-dha---ti  
dha-ti-dha---ti  
dha-ti-dha---dhin-ta-ta  
ti-Ta-ta  
ti-ta-ta  
ti-Ta-ta  
ti-ta-ta  
ti-Ta-ta  
ti-ta-ta  
ti-Ta-ta

Second mantra:

dhin---dha-ti-dha---ti  
dha-ti-dha---ti  
dha-ti-dha  
dhin-ta---dhin-ta---dhin  
ta-ti-Ta---ti  
Ta-ti-Ta---ti  
Ta-ti-Ta  
kat-ta---kat-ta

### **No Name Tal Lesson 13–**

1 - guru--guru-dha-Ta--Ta--Ta  
ta-ta-ti-ti-ta-ta-dhin--ta-ta-dhin--ta-ta

2 - pause-pause-ta--kat--ta--kat--ta  
dhak---gin--nak  
ge--dha--ta--dhin--gin  
dha--ta--dhin--gin  
dha--ta--dhin--ta---gin  
ta--kat--ta-ta--kat--ta-ta--kat  
ta-ta-ti-ti-ta-ta-dhin-gin-ta-ta-dhin-gin  
ta-ta-dhin-gin-gin

3 - guru---dhin--ta--Ta  
dhin--ta--dhin--ta--Ta  
dhin--ta--dhin--ta  
dha--ghe--te-te-te-te  
ke-te-te-ke-te-te-ke-ta  
dha--ghe--te-te-te-te  
ke-te-te-ke-te-te-ke-ta

**No Name Tal Lesson 14-**

1 - dhin--pause--Ta--dhin--ra-ti-ra-ti-Ta—Ta

2 –

First mantra:

dhin--pause--Tata--dhin--ra-ti-ra-ti-Ta--Tata

dhin--pause--Tata--dhin--ra-ti-ra-ti-TataTata

dhin--pause--Tata--dhin--ra-ti-ra-ti-Ta--Tata

dhin--pause--Tata--dhin--ra-ti-ra-ti-TataTata

Second mantra:

dhin--pause--dhata--dhin--ra-ti-ra-ti-dha--dhata

dhin--pause--dhata--dhin--ra-ti-ra-ti-dhatadhata

dhin--pause--dhata--dhin--ra-ti-ra-ti-dha--dhata

dhin--pause--dhata--dhin--ra-ti-ra-ti-dhatadhata

3 - dhin---ge---Ta---dhin---ge-pause-Ta---Ta

dhin---ge---Ta---dhin---gin---ge---Ta-ta-Ta

**No Name Tal Lesson 15 –**

1 - dha---dha---ti-dha---ti

Ta---Ta---ti-Ta---ti

2 - dha---dha-ta-ti-dhak---ta

Ta---Ta-ta-ti-tak---ta

3 - dhin---dha-ta-ti-ghe-ta-ta

kat---Ta-ta-ti-ke-ta-ta

**Rupak Tal Lesson 16-**

**Theka -**

ti--ti--na--dhin--na--dhin--na

**Prakar -**

ti--ti--ta--dhin--ta--dhin--ta

**Drut Kaherva Tal Lesson 17 –**

**Theka –**

First mantra:

dhin---ta-Ta-ti---dha-ta

Second mantra:

dhin---ta-ta-ti-ghe-dha-ta

**Prakars –**

1 - dhin---ta-ta-ti---dha-ta

2 –

First mantra:

ghe---ti-Ta-----dhin-ta

Second mantra:

ghe---ti-Ta---ghe-dhin-ta

3 –

First mantra:

gin---ti-ta-----dhin-ta

Second mantra

ge---ti-ta-----dhin-ta

4 –

First mantra:

gin-ti-ti-ta---ti-dhin-ta

Second mantra:

ge-ti-ti-ta---ti-dhin-ta

5 - ke--ta--Ta--ti--ke--Ta--ta—ti

6 -

First mantra:

dhin--Ta--Ta--ti-ke-Ta--Ta--ti-ke-Ta--Ta--ti-ghe-dha--dha

Second mantra:

dhin--Ta-ta-Ta--ti-ke-Ta-ta-Ta--ti-ke-Ta-ta-Ta--ti-ghe-dha-ta-dha

**Tehai's Lesson 18:-**

**SHORT TEHAI's for P taal**

First Tehai:  
ti--ta--ki--ti--dha  
ti--ta--ki--ti--dha  
ti--ta--ki--ti--dha

Second Tehai:  
ti--ta--ki--ti--dha  
ti--ta--ki--ti--dha  
ti--ta--ki--ti--jha

Third Tehai:  
ti--ta--ki--ti--dha  
ti--ta--ki--ti--dhin-ta-ta-  
dhin-ta-ta-dhin

Fourth Tehai:  
ti--ta--ki--ti--dha

**SHORT TEHAI's for SLOW rhythms**

First Tehai:  
Ta--te-te-ke-ta-dhak--ti  
Ta--te-te-ke-ta-dhak--ti  
Ta--te-te-ke-ta-dhak

Second Tehai:  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak

**More SHORT TEHAI's for SLOW rhythms**

First Tehai:  
Ta-ta-ti-ti  
Ta-ta-ti-ti  
dhin-ta---dhin-ta---ghe

Second Tehai:

ti--ta--ki--ti--dha--ta----  
Ta----dha--ta

Fifth Tehai:  
Ta--ta--ta--dhin  
Ta--ta--ta--dhin  
Ta--ta--ta--dhin

Sixth Tehai:  
Ta--ta--ta--dhin--gin  
Ta--ta--ta--dhin--gin  
Ta--ta--ta--dhin--gin---gin

Seventh Tehai:  
Ta--ta--ta--dhin  
ta--dhin--ta--ta--dhin  
ta--dhin--ta--ta--dhin

Eighth Tehai:  
te--te--ke--ta--dha  
te--te--ke--ta--dha  
te--te--ke--ta--dha

Third Tehai:  
Ta--te-te-ke-ta-dhak-gin  
Ta--te-te-ke-ta-dhak-gin  
Ta--te-te-ke-ta-dhak-gin-  
gin

Fourth Tehai:  
dha--te-te-ge-ta-dhak--ti  
dha--te-te-ge-ta-dhak--ti  
dha--te-te-ge-ta-dhak

Fifth Tehai:  
dha--te-te-ge-ta-dhak--ta  
dha--te-te-ge-ta-dhak--ta  
dha--te-te-ge-ta-dhak  
dha-ta-ti-ti  
dha-ta-ti-ti  
dha-ratirati-dha-ratirati-dha

Third Tehai:  
dhin---dha-dha-dhin-ge  
dha-dha-dhin-dhin  
dha-ratirati-dha-ratirati-dha

Fourth Tehai:  
Ta--te--ra--Ta--te--ra  
Ta-ta-ti-ti  
dhin-ta---dhin-ta---ghe  
**MEDIUM TEHAI's for  
medium tunes**

First Tehai:  
te--re--ke--ta--ghe--ta--  
ghe--ta--dha----ta  
te--re--ke--ta--ghe--ta--  
ghe--ta--dha----ta  
te--re--ke--ta--ghe--ta--  
ghe--ta--dha

Second Tehai:  
dha---ghe---te--te--ke--  
ta--dha  
dha---ghe---te--te--ke--  
ta--dha  
dha---ghe---te--te--ke--  
ta--dha

Third Tehai:  
te--te--ke--te--te--ke--te--  
te--ghe---ghe  
te--te--ke--te--te--ke--te--  
te--ghe---ghe  
te--te--ke--te--te--ke--te--  
te--ghe

**MEDIUM TEHAI's for  
SLOW rhythms**

First Tehai:  
ghe---ghe---ta---ta  
ke-te-te-ke-te-te-ke-ta  
ghe---ghe---ta---ta  
ke-te-te-ke-te-te-ke---ti  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak

Second Tehai:  
dha-pause-pause-dha-te-te-  
ghe-ta-dha-ta-ti

Fifth Tehai:  
Ta--te--ra--Ta--te--ra--Ta  
tata-ta-ta-dha  
dha-ratirati-dha

Fourth Tehai:  
dhin--ta--ta--dhin--ta--ta--  
dhin---Ta  
dhin--ta--ta--dhin--ta--ta--  
dhin---Ta  
dhin--ta--ta--dhin--ta--ta--  
dhin

Fifth Tehai:  
dhin-dha---dha---dha-dha-  
ta-dhin---ka  
dhin-dha---dha---dha-dha-  
ta-dhin---ka  
dhin-dha---dha---dha-dha-  
ta-dhin

Sixth Tehai:  
dhin---ta-ta-ta-ta  
dhin---ta-ta-ta-ta  
dhin---dha-ta-ti-Ta---ti-  
dha--ti-Ta  
ti-dhin-ta-ta-dhin-ta-ta-ghe

Seventh Tehai:  
dha---dha---ti---dha---  
dha---ti  
dha---dha-ta-ti-Ta---ti-  
dha--ti-Ta  
ti-dha-ta---Ta---dha-ta

dha-pause-dha-te-te-ghe-ta-  
dha-ta-ti  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak

Third Tehai:  
dhin--ta--ta--dhin--ta--ta  
dhin--ta--ta--dhin--ta--ta  
dhin--ta--dhin--ta--ti  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak--ta

Fourth Tehai:  
dhin--ta--ta--dhin--ta--ta

dhin--ta--ta--dhin--ta--ta  
dhin--ta--dhin--ta--ti  
dha--ta--ta--dhin  
ta--dhin--ta--ta--dhin  
ta--dhin--ta--ta--dhin--ta--  
gin

Fifth Tehai:

dhin--ta--ta--dhin--ta--ta  
dhin--ta--ta--dhin--ta--ta  
dhin--ta--dhin--ta--ti  
dha--ta--ta--dhin  
Ta--te--te--ke--ta--dhak

ta--dhin--ta--ta  
dhin--ta--ta--dha--te--te--ge--  
ta--dhak

Sixth Tehai:

dhin--ta--ta--dhin--ta--ta  
dhin--ta--ta--ti  
ti--ta--ki--ti--ta  
ra--ti--ra--ti--ta---Ta---Ta---  
Ta---dha  
Ta---Ta---dha---Ta---Ta---  
dha

### LONG TEHAI's

First Tehai:

ke---ta--ta--ghe--ghe--ta--ta  
ko--ta--ko--ta--ghe--ghe--ta--ta  
ke---ta--ta--ghe--ghe--ta--ta  
ko--ta--ko--ta--ghe--ghe--ta--ta  
te--re--ke--ta--ghe--ta--ghe--ta--dha---ta  
te--re--ke--ta--ghe--ta--ghe--ta--dha---ta  
te--re--ke--ta--ghe--ta--ghe--ta--dha

Second Tehai:

ke---ta--ta--ghe--ghe--ta--ta  
ke--ti--ta--ghe--ti--ta--Ta  
ta---klan---ta---te--re--ke--ta--ghe--ta--ghe--ta--Ta  
dhin--dha--dhin--dha---dha-----Ta  
dhin--dha--dhin--dha---dha-----Ta  
dhin--dha--dhin--dha---dha

Third Tehai:

ke---ta--ta--ghe--ghe--ta--ta  
ko--ta--ko--ta--ghe--ghe--ta--ta  
ke---ta--ta--ghe--ghe--ta--ta  
ko--ta--ko--ta--ghe--ghe--ta--ta  
ta---klan---ta---te--re--ke--ta--dha---ta  
ta---klan---ta---te--re--ke--ta--dha---ta  
ta---klan---ta---te--re--ke--ta--dha

Fourth Tehai:

Ra--ti--ra--ti--Ra--ti--ra--ti  
Ra--Ra--ti--ra--dhin

ta-ke-te-re-ke-ta-ghe-ta-ghe-te-re-ke-ta-dha---ta-dha  
te-re-ke-ta-ghe-ta-ghe-ta-dha---ta  
te-re-ke-ta-ghe-ta-ghe-ta-dha---ta  
te-re-ke-ta-ghe-ta-ghe-ta-dha

Fifth Tehai:

dha-ta-ti-ti-dha-ta-ti-ti  
dha-dha-ti-ti-dha  
ta-ke-te-re-ke-ta-ghe-ta-ghe-te-re-ke-ta-dha---ta-dha  
te-re-ke-ta-ghe-ta-ghe-ta-dha---ta  
te-re-ke-ta-ghe-ta-ghe-ta-dha---ta  
te-re-ke-ta-ghe-ta-ghe-ta-dha

Sixth Tehai:

dha---ti---dha---ta  
ghe-ta-ta-ghe-ti-dha-ta-ghe-ghe-ta  
dha---ti---Ta---ta  
ke-ta-ta-ke-ti-Ta-ta-ke-ke-ta  
dhin-dha---dha---dha-dha-ta-dhin---ka  
dhin-dha---dha---dha-dha-ta-dhin---ka  
dhin-dha---dha---dha-dha-ta-dhin

### **LONG TEHAI's for SLOW rhythms**

First Tehai:

dha-pause-pause-dha-te-te-ghe-ta-dha-ta-ti  
dha-pause-dha-te-te-ghe-ta-dha-ta  
Ta-pause-pause-Ta-te-te-ke-ta-Ta-ta-ti  
Ta-pause-Ta-te-te-ke-ta-Ta-ta  
dhin-dha---dha---te-te-ghe-ta-dha-ta-dhin---Ta  
dhin-dha---dha---te-te-ghe-ta-dha-ta-dhin---Ta  
dhin-dha---dha---te-te-ghe-ta-dha-ta-dhin

Second Tehai:

dhin---ta---ta---dhin---ta---ta  
dhin---ta---ta---dhin---ta---ta  
dhin---ta---dhin---ta  
ke---ti---ta---ke---ti---ta  
ke---ti---ta---ke---ti---ta  
ke-te-te-ke-te-te-ke-ta  
ghe---ghe---ta---ta  
ke-te-te-ke-te-te-ke-ta-Ta  
ratirati  
ke-te-te-ke-te-te-ke---ti



Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak--ta  
Ta--te-te-ke-ta-dhak

**TEHAI's for 6 beat /  
Dadra taal**

First Tehai:  
ke--te-te-ke-ta-Ta  
te-te-ke-ta-dha  
te-te-ke-ta-dha  
te-te-ke-ta-dha

Second Tehai:  
ta--ta-ti  
ti-ta-ke  
ti-ta-ke  
ti-ta-ke  
ta-ghe

**Transitions Lesson 19:-**

1 -  
First mantra:  
ta--kat--ghe--Ta--dhin--  
Ta--dha

ta-ta-ti-ti  
ta-ta-ti-ti  
ta-ta-ti-ti  
ta-ta-ti-ti  
ta-ta-ti-ti  
dhin-ratirati-dha-ratirati-  
dha  
dha--dha--kat--ghe--Ta--  
dhin--Ta--dha

Second mantra:

2 -  
First mantra:  
Ta---ti---Ta---ti---Ta  
ti-Ta-Ta-ta-Ta-Ta  
ghe--ta--ghe--ta--ghe

Fourth Mantra:  
dha-ti-Ta-ti-dha-Ta  
ti-dha-ta-Ta-dha

Second Mantra:  
Ta---ti---Ta---ti---Ta  
ti-Ta-Ta-ta-Ta-Ta  
ti-dha-ta-Ta-dha

Fifth Mantra:  
dha-ti-dha-ti-Ta-ti  
dha-dha-ta-Ta-dha

Third Mantra:  
Ta-ti-dha-ta-Ta-dha

Sixth Mantra:  
dha-ti-dha-ti-Ta-ti  
ghe-ghe-ke-ta-dha

3 -  
First mantra:  
dha-ti-Ta-ti-dha-kat

ghe-ghe-ke-ta-dha

Second Mantra:  
ghe-ghe-ghe-ghe  
Ta--ti-dha-ta-Ta-dha

ghe-ta-ta-ghe-ta-ta  
ghe-ta-ta-ghe-ta-ta-ghe-  
Ta  
ti-Ta-Ta-ta-Ta-Ta  
ghe--ta--ghe--ta--ghe

Third Mantra:

Fourth Mantra:  
Ta--ti--Ta--ti--Ta--ti--Ta--ti--Ta--ti--Ta--ti  
dha--ti--dha--ti--dha--ti--dha--ti--dha  
dha--ti--dha--ti--dha--Ta--ti--dha--ta--Ta--dha

### **Bonus Mantras Lesson 20:-**

First mantra:  
dhin--ta--ta--dhin--ta--ta  
dhin--ta--ta--dhin--ta--ta  
ke-te-te-ke-te-te-ke---ta  
dha--te-te-ke-ta-dhak--ta  
dha--te-te-ke-ta-dhak--ta  
dha--te-te-ke-ta-dhak

dhin---Ta-ti-Ta---ti  
First Part:  
kat-ta-Ta-ta-ti-Ta-ta-ta

Second Part:  
Ta-ta-ta-kat-ta-Ta-ta-ti

Third Part:  
TaTaTa-----Ta-ti  
ghe--ta--ghe--ta--dha

Fourth Part:  
dha---pause---dhin---Ta---  
ta---ghe---ghe---ta

Second mantra:  
dhin---dha-ti-dha---ti  
dha-ti-dha-ta-ti-ta-dha-ti-  
dha-ta  
dhin-ta---dhin-ta

Ta-ti-Ta-ta-ti-ta-Ta-ti-Ta-ta  
kat-ta---kat-ta

Third mantra:  
dha-ta-ti-Ta-ta-ta-ti  
Ta-ta-ta-ti-Ta-ta-ta-dhin-ta