

Rhythmic Syllables

1 = Ta	6 = Takita Takita (3+3)
2 = Taka	7 = Takadimi Takita (4+3)
3 = Takita	8 = Takadimi Takadimi (4+4)
4 = Takadimi	9 = Takadimi Taka Takita (4+2+3)
5 = Taka Taki ta (2+3)	

While clapping the tala, count from (1) to (9) then back down to (1), allowing one cycle of adi tala (8 beats) for every change in gati. Watch for breath control and precise transitions.