

A Study on the Characteristic Features of the Motions of the Uva - Sabaragamuwa Tradition in Sri Lanka

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Dancing has originated from the intermingling of human motions with rhythmic movements. Subsequently, as a result of the changes in culture and society, the ways in which the body depicted movement also underwent transformations. According to these periodic and cultural changes, the traditions of Sri Lankan dancing is divided into three main streams as Udarata, Pahatharata and Sabaragamuwa. Each of these traditions is comprised of its own characteristic features. Hence, the objective of this research study is to predominantly examine the characteristic features of the Uva - Sabaragamuwa dancing tradition. This study principally explores the speed of motions and the rhythms of the traditional movements of the Uva - Sabaragamuwa tradition. The study also looks at the formation of full body stationary movements, troweling movements and stationary troweling movements. This research study purposes to investigate whether there is normal acceleration in the Uva – Sabaragamuwa tradition and whether the acceleration is more than other dancing traditions based on physical adjustments. Primary and secondary sources have been used in this research study in addition to case studies, practical and personal interviews.

Keywords: Udarata, Pahatharata, Uva Sabaragamuwa, Dancing, Movements