

THE FIFTY DANCES FOR THE KHAITA EXAMINATION



The following dances are extracted out of the hundred and eighty Tibetan songs and dances, like the years of the mewa cycles in number, that constitute the foundation of Khaita. For each of these dances, the letter M means Menkhor or Mewa Cycle, while the following numbers indicate respectively the Metreng, the group of ten, and the specific number of the group to which they belong.

For example:

M 2-1-1 Dzepai Milam Rinchen Dorje

(means second metreng, first group, first song).

Concerning the groups or the order of the dances, they have been divided into three series: mostly all the various ways of dancing have been included in the first series, choreographed in lines. The second series, choreographed in one or more circles and the third series, with a mixed choreography of lines and circles. Inside each of the three series there are many different kinds of more coordinated or more free ways of choreographing the dances, nevertheless I am certain that they can all be understood through personal experience.

The fifty dances extracted from the three groups or series explained above and arranged accordingly are:

Numbers:	Dances:	Singers:	
M 1-1-2	Arog Khampa	F: Yangchen Lhamo	1

M 1-2-4	Sa-dog Jang-tra	Group	2
M 1-2-9	Shar-pai Lu	Achak Tsandeb	3
M 1-3-4	Nag-chu Kor-dro	F: Tsewang Lhamo	4
M 1-3-5	Ling-lang Gyal-mo	Karzey Lobsang	5
M 1-3-6	Ney Chen-po	F: Tsewang Lhamo	6
M 1-4-1	Phu Ya-na	Lobsang De-lek	7
M 1-4-6	Ri-bo Chak	Group	8
M 1-4-8	Pha-yul A-do	Group	9
M 1-5-2	So Ya-re-lo	Group	10
M 1-5-6	Lo-kor	Group	11
M 1-5-8	Mon-zhey	Group	12
M 1-6-5	Chod-ten Kar-po	Phun-tsok Ta-shi	13
M 1-6-7	Lhan-dzom	F: Lu-mo Tsho	14
M 1-6-8	Ma-jai Doe-gar	Group	15
M 2-1-5	Gyur-med Tse-dung	Tha-yey & F: De-ge Da-yang	16
M 2-2-1	Ney-kor	Group	17
M 2-2-4	Re-dun	Dorje Tsering & F: Dol-ma Coe-zom	18
M 2-2-9	A-jey-la Trom	Group	19
M 2-2-10	Zed-la Dro	Rinchen Dorje	20
M 2-3-8	A-rok Yag-jung	Thar-chin Tse-ring & F: Ta-shi Lha-zom	21
M 2-4-3	Bod-pa Tsho	F: Dung-da Drol-ma	22

M 2-4-5	Ma-chen Gang-ri	Gyal-tshen	23
M 2-4-10	Jis-pai Dok-dra	Group	24
M 2-5-2	Drey-chang Kar-po	F: Kong-man Tsan-debs	25
M 2-5-6	Kha-par Thon-thal	F: Lha-kyid	26
M 2-6-1	Sa Kyid-po Jig-dang	Group	27
M 2-6-2	Kor-dro Nyam-trab	Group	28
M 2-6-3	Choe-la Zang-pog	Group	29
M 2-6-4	So-dang Ya-la	Jam-pa Ye-she & F: Kar-ma	30
M 2-6-5	Chol-sum Kor-dro	Sod-top	31
M 2-6-6	Tshe-la Tsho-mo	F: Kar-ma	32
M 2-6-7	Kye-gui Kor-dro	Sod-top	33
M 3-1-6	A-zhang Tsho	F: Namgyal Choe-tso	34
M 3-1-8	Dun-kyod	Kon-chok Ten-pa	35
M 3-3-6	Yar-dro Yar-dro	Jam-pa Ye-she & F: Kar-ma	36
M 3-3-7	Nga-dang Gang-lha Me-tog	Yar-phel	37
M 3-4-1	Tshe-sog Tan-ling	F: Nor-zin Kyid	38
M 3-4-4	Pha-yul Tsho-lho	Group	39
M 3-4-5	Mey-po Dran-lu	F: Rig-zin Dol-ma & Tan-zin	40
M 3-4-8	Ten-jung De-kyid	Group	41
M 3-5-1	Ar-mo Lek-se	F: Tse-ring Yang-zom	42
M 3-5-4	Sem-zhey	F: Lha-lung Tsho	43
M 3-6-1	Ta-shi Dang-po	F: Tse-wang Lha-mo	44

M 3-6-2	Jig-ten Ta-shi	Group	45
M 3-6-3	Ta-shi Mon-lam	F: Pad-ma Lha-tsho & Choe-dar	46
M 3-6-4	Ta-shi Tho-gang Nyi-'od	F: Jam-yang Dol-ma	47
M 3-6-5	Ta-shi De-lek	Sam-kho	48
M 3-6-9	Ta-shi Mon-tshik	Yas Wang-dark Do-je	49
M 3-6-10	Gangs-chen-pa	Sod-nam Rin-chen	50

