

Mit'totiliztli Aztec Dance



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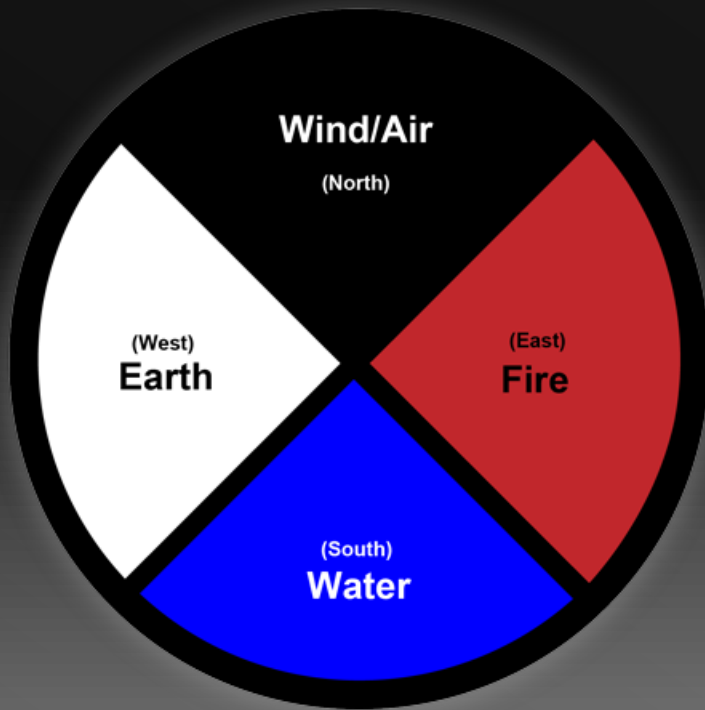
Mit'totiliztli – traditions of the ancestors

- ◎ La Danza Azteca is a living, evolving, cultural tradition filled with the artistic, spiritual and military traditions of the Mexica and the Mestizo descendants. It is a form of prayer, individual, and yet communal.
- ◎ La Danza Azteca is a form of communication. It is a rich blend of music, choreography, poetry, theater, and most importantly of all, of deeply held spiritual faith.



Nahui Ollin : The Four Movements; Earth Elements

- Every dance ceremony begins with the *Nahui Ollin*, the four movements, acknowledging the four directions.
- The four sacred elements: water, fire, wind, and earth are also acknowledged during the Nahui Ollin



This is the traditional Mexica medicine wheel, it represents the four directions and four sacred elements.

<http://6thsunridaz.com/indigenous-mexica-teachings/aztec-medicine-wheel/>

Danzante Costumes: Symbols of Warriors

- Danzantes represent Mexica warriors, therefore their costumes symbolize either jaguars or eagles, the two military groups that existed among the Aztecs.



Danzante
Azteca
representing
a jaguar
warrior.



Danzante
Azteca
representing
an eagle
warrior.

Instruments: Huehuetl, Ayoyotes, Sonajas, Conchas

- In Aztec Dance, instruments play an important role, they make the sounds and music that accompany the sacred movements/prayers for the gods.
- Huehuetl- Drum: Although the huehuetl was used for military purposes, in danza, it is used to make the sounds that danzantes use to mark their steps. Within the danza circle, the huehuetl represents our abuelos, the sun and the sound is the voice of our mother earth, *Tonantzin*.
- Ayoyotes and sonajas: Both made from the Chachayotl tree seeds, it is typically said to sound like the rain and rattle snakes. In danza, they are used to sound out the rhythm of a specific song. For a danzante, the ayoyotes, represent a new journey in their life as a danzante.
- Conchas:

Instruments continued...

- ◉ Concha: Quiquiztli or shell trumpets are wind instruments. In danza, it is used to announce the dancers that danza is about to begin. It is also a representation of the element of the wind, during the Nahui Ollin.



These are typical Mexican instruments used in Aztec Dance.

http://www.mexicolore.co.uk/images-3/395_03_2.jpg

Works Cited

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