

**This kayda is commonly practiced in Teen Taal (Tintal), the sixteen-matra rhythmic cycle that is fundamental to Hindustani classical tabla. Its four equal sections make it particularly suitable for learning how a composed tabla phrase sits inside a complete taal cycle.**

**The phrase:**

**Dha Tirkit Tak Tirkit**

**contains a combination of open and closed sounds that can be developed into a complete kayda and subsequently expanded through several paltas. For students, this makes the composition more than a memorization exercise. It becomes a practical lesson in maintaining the taal while changing the internal arrangement of bols.**

**In this article, we will explore Aari Kuwari Kayda No. 3, understand its relationship with Teen Taal, examine its bols, discuss practice techniques, and look at how a student can gradually develop speed and confidence while preserving clarity.**

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### **Understanding Teen Taal**

**Before studying the kayda, it is essential to understand the taal in which it is performed.**

**Teen Taal consists of 16 matras divided into four vibhags of four matras each:**