

## Part 1 Video Audition Requirements

### National Centre for Circus Arts Foundation & BA Hons Degree

Please follow the below guidelines, outlining what you should include in your part 1 audition video and how to submit it. For more information or if you have any questions please contact Joanna Young (Admissions and Registry Manager) at [joanna@nationalcircus.org.uk](mailto:joanna@nationalcircus.org.uk).

As part of our online application form you will be asked to include a video audition link **in the following format:**

- **ONLINE** – upload a video to YouTube, Vimeo or another secure platform and send us a link within your application form to view it online. Ideally, we should be able to access your entire video audition via **one** video link.

#### **Important Tips**

- Each section of the video must be presented in one continuous take. For example: one continuous take for the acrobatic section and another for the flexibility section. Please do not edit your video to provide us with only the “best bits”.
- If you cannot execute a particular figure or exercise, **please do not force it**. We should simply be able to evaluate your potential.
- It is helpful if you can label each section of your audition video as per the below section headings.
- Please wear clothes that we can clearly see you in against the background that you’re filming in.

#### **Deadline for Submission: 14<sup>th</sup> March 2022 at 1pm (BST)**

Please ensure we have received your video by the above deadline as part of your online application. If you have any issues including your link within the application, please email it to [joanna@nationalcircus.org.uk](mailto:joanna@nationalcircus.org.uk)

#### **Information for D/deaf and Disabled Students**

NCCA welcome applications from D/deaf and disabled people and offers places solely on the basis of potential and suitability for a career in the profession. If you have any access requirements please contact the Admissions and Registry Manager to discuss any reasonable adjustments that can be made for you as part of the video audition, and if successful, during the course.

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## The audition video must contain:

### Introduction

Introduce yourself and tell us a little about your interest in Circus arts, no longer than **1 minute**.

### Acrobatics

In close fitting training kit, please show the following:

- Handstand viewed from the side. (Kick up, tuck up, straddle up, pike up) 2 reps of each linked together. In the case of tuck, straddle, pike hands do not leave the floor and the shape is attempted in both phases of the movement. (up and down) – *Option to perform against a wall if preferred.*
- Rebound tuck jumps (5)
- Standing jump half twist, full, one and a half, double twist.
- Dish shape held for 10 sec, rock backwards and forwards 5 times, repeat once more, without rest.
- Side-on overhead squat completed with a PLASTIC POLE or WOODEN DOWEL. Example video: <https://www.youtube.com/watch?v=hxW2gtiZL9Q&app=desktop>
- A body weight single leg squat from a SOLID box. If you do not have a solid box you could use a chair or a park bench. Example video: <https://m.youtube.com/watch?v=OGfCUVlpzkA>
- A multi-directional hop and stick. You should mark out a square APPROXIMATELY half your height using cones/markers/tape. Example video: <https://m.youtube.com/watch?v=aRJAkTP5vv4>
- Demonstrate a sequence of acrobatics skills incorporating movement as a vehicle for the acrobatics.\*

### Flexibility

- Bridge viewed from the side (if you can: with feet together, with straight legs). We are looking for shoulders to be over the hands.
- Splits (right and left leg)
- Side Splits
- Straddle to Japana (sitting upright on floor in straddle, arms out to side, lowering chest to floor, arms forwards retaining turnout in legs)
- Lumbar fold. Stand (viewed from side) and fold forward, placing hands on floor, keeping legs straight, head tucked in.

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- Demonstrate the following sequence, which combines core control, mobility and range of motion working through the body: <https://www.youtube.com/watch?reload=9&v=Blu-ynYNdo0&feature=youtu.be>

**NOTE\* if you are unable to film the acrobatic sequence due to space restrictions/closures, we will accept pre-existing performance or training footage. This does not have to be in a performance setting and any quality of footage will be accepted.**

## National Centre for Circus Arts Part 1 Audition Criteria

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### CRITERIA

Candidates at part 1 of the audition are assessed on:

#### **Technique:**

Co-ordination  
Flexibility  
Balance  
Core and Control  
Strength and Power  
Placement and line  
Confidence  
Fitness  
Range of Movement

#### **Creativity**

Imaginative response  
Curiosity and risk taking  
Groundedness and Fluidity

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