

Full Video Audition Requirements

National Centre for Circus Arts Foundation & BA Hons Degree

Full video audition requests will be based on individual circumstance. Please contact Joanna Young at joanna@nationalcircus.org.uk for more information. Once it has been agreed that you do not need to attend an audition in person please follow the below guidelines, outlining what you should include in your video and how to submit it. You must have already submitted an online application form by the application deadline (14th March 2022, 1pm GMT).

Please send your audition video in the following format:

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

Important Tips

- Each of the following sections of the video must be presented in one continuous take. For example: one continuous take for all 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: 28th March 2022 at 1pm (BST)

Please ensure we have received your video by the above deadline by email to 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.

**national centre
for circus arts**

The audition video must contain:

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

SECTION 1

In close fitting training kit, please show the following:

Acrobatics

- 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.

**national centre
for circus arts**

- 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>

SECTION 2

Presentation

Please present a **1.30 minutes** performance piece of your own devising. This should be shown in a non-performance situation (i.e. without an audience, no lighting or other production features, no video edits). Music, necessary props, and costume may be included.

Briefly explain the idea or stimulus behind your work prior to performing your piece.

NOTE* if you are unable to make the above criteria in SECTION 2 or the acrobatic sequence in SECTION 1 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, however, the footage should still be cut to the specified time limit.

SECTION 3 (Optional)

Juggling, Equilibratics and Manipulation

Please demonstrate additional skills that you feel relevant and did not include in your 1.30 minutes performance. Skills may demonstrate mastery of club, ball and ring juggling, and other equilibratic and manipulation skills such as Diabolo, Devilstick, Cigarboxes, Staff, Rolabola, Hula Hoop, Unicycle, Object balancing, Yo-Yo, etc. (**no more than 2 minutes**)

Relevant Additional Skills

If you wish to demonstrate other skills (dance, martial arts, music etc...) which you feel are relevant to the course. You may include a clip of **up to 2 minutes**.

Candidates who submit a successful Audition Video will be invited to take part in an online interview with two or three of the Higher Education Team.

**national centre
for circus arts**

National Centre for Circus Arts. Registered Charity no. 1001839
Company limited by guarantee: Registered in England no. 2553293
VAT registration no. 810 3314 85

National Centre for Circus Arts Full Video Audition Criteria

CRITERIA

Candidates submitting a full video 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

Solo / Performance

Expressiveness
Sense of style
Quality of movement (if relevant to the performance)
Stage presence
Connection with the audience
Innovation and originality

Interview *(only selected applicants will be invited to an online interview)*

Relevance of the programme to the candidate's aspirations and needs
Understanding of the programme
Motivation and commitment to the programme and profession

**national centre
for circus arts**