

Full Video Audition Requirements (2024 Entry)

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 and to request a full video audition. Once it has been agreed that you do not need to attend a part 2 audition in person please follow the below guidelines, outlining what you should include in your video and how to submit it.

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

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.

Deadline for Submission: 2nd April 2024 at 1pm (BST)

Please ensure we have received your full 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

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.
- We are not assessing you on your filming ability, however, we will be assessing you on your ‘**ability and willingness to follow instruction**’ such as by **including all sections and sticking to the time limits**. Please refer to the audition criteria on page 4 when creating your video.

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.

The audition video must contain:

1. Introduction

- Introduce yourself and answer the following:

Why choose circus? What do you hope to gain from your educational journey and what do you hope to achieve as a result? (no longer than **1 minute**)

2. Acrobatics

In close fitting training kit, please show the following:

- Learn and demonstrate this acrobatic sequence: <https://youtu.be/DJzrx4hJB3E>

Sequence notes:

- Squat with Plastic pole (place pole to the side)
- 2 straight tension jumps
- 3 tuck jumps
- Jump full turn
- Forward roll to Dish and hold 10 secs
- Rock x 5
- Roll to shoulder stand to stand up.
- 1 leg squat Right
- 1 leg squat Left
- Kick to handstand forward roll
- Tuck, straddle pike to handstand forward roll (1 of each)
- Jump 1 1/2 turn

Important: Any skills that you are unable to complete, please show a variation of. E.g. instead of doing a handstand into a forward roll, just show a handstand against the wall. Likewise, if you are limited on space you can adapt the sequence to fit within the space available to you.

- Create and demonstrate a short sequence of floor-based acrobatics skills incorporating movement as a vehicle for the acrobatics. (**30 seconds maximum**)

3. Flexibility

In close fitting training kit, please show the following:

- Learn and demonstrate this flexibility sequence, which combines core control, mobility and range of motion working through the body:
https://youtu.be/Q_ptii_69Gc

Sequence Notes:

- Standing Dish Arch to Dislocation with Stick
- Fold Forward Dislocation.
- Stick to side into Forward Fold
- Stand on Right Leg - Forward Hold, Side Hold, Back Hold into Needle Stand
- Stand on Left Leg - Forward Hold, Side Hold, Back Hold into Needle Stand
- Forward roll to lay flat, V-sit Right Leg lift, V-sit Left leg Lift, V-Sit hold both legs
- Lay Flat Bridge - Lift Right Leg, Lift Left leg
- Straddle sit to Forward Fold, Pull into Box Split, Sit up and pull to Box split.
- Back support, turn to front support
- Lunge Right Leg - Arms up lean to Right and Left, Fold over front leg, Lower to Splits.
- Lunge Left Leg - Arms up lean to Right and Left. Fold over front leg, Lower to Splits.

Important: Each position is held for 5 seconds. Where necessary legs should be as straight as possible. In all positions only go to where you are comfortable. Do not push beyond your limits. If you are limited on space you can adapt the sequence to fit within the space available to you.

4. Presentation

- Please present a **1.30-2 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, including any influences or practices explored (such as movement and theatre, or shows you have seen).

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

****Please refer to the Audition Criteria on the next page****

Full Video Audition Criteria (2024 Entry)

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

Audition Approach:

Ability and willingness to follow instruction
Engagement with and openness to tasks

Individual Discussion (*only selected applicants will be invited to an online discussion*)

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