

Part 1 Video Audition Requirements (2024 Entry)

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.

As part of our online application form (on our website) 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.

Deadline for Submission: 25th March 2024 at 1pm (GMT)

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

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.

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.

****Please refer to the Audition Criteria below****

Part 1 Audition 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