

Video Audition Requirements

National Centre for Circus Arts Foundation Degree

Video audition requests will be based on individual circumstance. Please contact Joanna Gray at joanna@nationalcircus.org.uk for more information. Once it has been agreed that you do not need to attend an audition in person you **must** 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

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.

Deadline for Submission: 26th March 2021 at 1pm

Please ensure we have received your video by the above deadline by email to joanna@nationalcircus.org.uk

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>

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- 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.
- 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 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 (unicycling, 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.

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