



Video Auditions - DEC & DEE

Follow all the steps listed below carefully and present them in the same order.

If you follow this link, you will find a playlist with a few videos illustrating all movements, step by step as well as dancing and acting evaluation criteria:

<https://youtube.com/playlist?list=PL74Rd4tSfbq9TgmMrJ4qTv9XjHzFHQ0Gu&si=20Tk4txcDS7oe3mf>

A. Physical conditioning

You will be evaluated based of the following criteria:

- Quality of execution
- Placement
- Number of repetitions & rhythm

List of requested movements:

Important: You can pause the video between different exercises, but not between repetitions of the same exercise

- **pumps (push-ups):** vertical forearm while going up and down, elbow at 45°, maintain rhythm, chest 5cm away from the ground, max. 30 repetitions,
- **fixed bar pull-ups (not on a trapeze):** hand pronation, chin above bar, complete extension of arms, max. 12 repetitions,
- **leg lifts:** vertical suspension with stall bars (not on a trapeze), toes to bar, full extension of straight legs, max. 15 repetitions,
- **back extension:** amplitude of movement, arms extended by the ears, max. 40 repetitions. (do on hard surface)

B. Basic skills - circus fundamentals

You will be evaluated based of the following criteria:

- Quality of execution
- Technical precision
- Fluidity or ease of movement

1. Floor Acrobatics

Only do the movements that you've mastered and can perform without help. Execute each movement twice without stopping your recording between each of them.

List of movements:

- back roll (end in push-up position);
- handstand front roll;
- streuli (back extension, roll to handstand);
- cart wheel right;
- cart wheel left;
- back walkover & walk in bridge pose;
- front handspring;



- front tuck;
- back tuck;
- roundoff back handspring; OR cart wheel menichelli
- roundoff back handspring back tuck; OR roundoff back tuck
- 1 movement of your choice;
- fluid sequence of 3 or 4 acrobatic movements;

2. Hand balancing:

Important: Do not stop filming between each movements in this section. Record each of these movements BOTH from the side and from the front.

List of movements:

- handstand (30 sec.);
- handstand half turn ($\frac{1}{2}$ waltz);
- press to handstand;
- handstand walk (distance of 3 meters).

3. Flexibility

Important: Record each of these movements BOTH from the side and from the front.

You will be evaluated based of the following criteria:

- Quality of execution
- Placement
- Amplitude of movement

List of requested movements:

- active shoulder flexibility
- straddle split; If you can touch the ground, do also your over split.
- split (on both sides); If you can touch the ground, do also your over split.
- pike stretch & pancake (legs open 90°);
- bridge pose (back and shoulders);
- *développés* (forward and sideways) in a standing position.

C. Dance

Video presentation: <https://youtu.be/1SQLoyX455o>

Important: Film this part in a wide angle.

Presentation of an improvised dance or a choreography (2-3 mins) which includes the following elements/movements:

- Various level/position changes (on the ground, standing up, different supports, jumps, etc.),
- Multiple rhythms/speed (fast, medium, slow, using extremes)
- Various textures (fluid, light, heavy, jerky, etc.),
- Multiple technical elements : jumps, pirouettes, etc.

- Demonstrate your mobility, your balance, and your control.
- Demonstrate your musicality, your expressiveness and your ease of movement.

D. Acting

Video presentation: <https://youtu.be/lab4D--YdEY>

Important: Record this part standing up, keeping your full body in the frame, but as close as possible to you so we can better see you and your expression.

For the acting audition, you will present a short monologue (between 1.5 and 2 minutes) from a dramatic text of your choice. The text must be memorized.

The video audition should be presented in 2 parts:

1. Simply present yourself, as yourself, to the camera: your name, your age, and your country or place of origin. Next, present the work you will perform: its title, and its author.
2. Perform the monologue. Just act. Please don't use complicated costumes, settings, or props.

Film yourself against a neutral background. Make sure your entire body is in the frame, from head to toe. Make sure you can be heard in the recording.

E. Circus Number – technical and artistic skills

Important: The number must be presented in a single take, not edited with different shots. The number must be presented for the purpose of this audition. It cannot be a video from a show or other performance.

Presentation of a short number in your main discipline. Duration must be a maximum of 3 minutes.

This performance should allow us to evaluate your current technical and artistic knowledge-mastery in your chosen circus discipline.

REMINDER: The discipline in which you present your 3-minute act must be the discipline in which you wish to train at the École de cirque de Québec. Your application will be evaluated according to your potential in this discipline.

Duo/trio disciplines: Any person interested in studying a discipline in duo (ex. hand to hand) must have his or her partner with him/her in the number presented in this section and both candidates must be applying to École de cirque de Québec. Each member of the group must submit his or her individual application (video audition). Make sure you are easily identifiable (different colors of clothing, etc.) so that the jury can evaluate you.

If you have any questions, you can email us at the following address:

auditions@ecoledecirque.com