



## Audition Guide - DEC & DEE

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Everyone will participate in the full 2 days of auditions and will be evaluated in all aspects of the audition over this period. There are no eliminations during the audition process.

### Audition schedule :

#### Day 1 : 9:00 à 16:00

- A. Basic skills - circus fundamentals
  - a. Floor Acrobatics
  - b. Flexibility
- B. Technical evaluation in primary circus discipline
- C. Dance
- D. Acting

#### Day 2 :

- **Be available between 8:30 and 17:00 for a period of 3.5 hours.**
- **Your arrival time for Day 2 will be assigned on Day 1 of auditions.**
  
- E. Presentation of a number in primary circus discipline
- F. Basic skills – circus fundamentals
  - a. Hand balacing
- G. Physical conditioning

### Details :

#### A. Basic skills - circus fundamentals

- Floor Acrobatics

You will be evaluated based of the following criteria:

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

#### List of requested movements::

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

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

You will be evaluated based of the following criteria:

- Quality of execution
- Placement
- Amplitude of movement

List of requested movements:

- active shoulder flex
- 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) from a standing position.

#### **B. Technical assessment of primary circus discipline**

- You will have a period to work with ÉCQ teachers of your chosen primary discipline. After a warm-up, they will ask you to perform some of the basic movements of your discipline, to execute additional skills, and to be creative where appropriate.

#### **C. Acting**

- A group acting period focused in physical theatre techniques
- Group and individual improvisation exercises

#### **D. Dance**

- A group dance class in classical and contemporary dance technique
- Group and individual exercises

#### **E. Primary circus discipline presentation :**

- Presentation of a short number of maximum 3 minutes in your chosen primary circus discipline.
- This number should allow us to evaluate your technical skills in your main discipline as well as your artistic qualities as a performer.
- Music - you'll need to bring your own music on a phone, laptop or USB stick. Bring a 3.5mm audio adapter if necessary.

- Pulling - the ÉCQ will provide a teacher if needed to pull the aerial numbers. There will only be a brief moment of rehearsal with this person. Remember to keep your height change cues (if any) simple. ÉCQ will provide the necessary mats.
- Duo/trio disciplines: Anyone wishing to perform a duo discipline (e.g. hand-to-hand) must be accompanied by his or her partner in the number presented, and both must register with the ÉCQ. Each group member must submit an individual application.
- **REMINDER: The discipline in which you present your 3-minute act must be the primary discipline in which you wish to train at the École de cirque de Québec.**

#### F. Basic skills - circus fundamentals

- Handstands
  - handstand (30 sec.);
  - handstand half turn (½ waltz);
  - press to handstand;
  - handstand walk (distance of 3 meters).

#### G. Physical conditioning

You will be evaluated on the following aspects of your work :

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

List of movements:

- Push-ups: vertical forearm while going up and down, elbow at 45°, constant 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 the arms, max. 12 repetitions,
- Leg lifts: vertical suspension with stall bars (not on a trapeze), bring the toes to bar (complete extension of straight legs), max. 15 repetitions,
- Back extension (see video guide): amplitude of movement, arms extended by the ears, max. 40 repetitions. (do on hard surface)

If you have any questions, you can email us at the following address: [auditions@ecoledecirque.com](mailto:auditions@ecoledecirque.com)