



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=PL74Rd4tSfbg9TqmMrJ4qTv9XjHzFHQ0Gu&si=20Tk4txcDS7oe3mf>

Physical conditioning

Video presentation: <https://youtu.be/xC5G1sE5NS8>

You will be evaluated based on 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

- Push-ups:
 - Shoulders should be over the hands, feet on the floor and glued together.
 - The sternum must touch the ball on the floor (about 5 cm from the ground) on each repetition.
 - The back must remain straight throughout the test.
 - Each phase of the movement must be controlled, tempo controlled and regular.
 - The test ends when:
 - The repetition cannot be completed.
 - A pause longer than two (2) seconds is taken at the top of the movement.
- Pull-ups :
 - Hands are pronated and slightly wider than shoulders.
 - Each repetition begins with full arm extension and ends when the chin passes the bar.
 - The test ends when:
 - The repetition cannot be completed.
 - A pause longer than two (2) seconds is taken at the bottom of the movement.
- High jump:
 - Touch the wall as high as possible and note the starting height.
 - Take off slightly from the wall (place hand on hip to find distance from wall).
 - The jump is made with momentum and the athlete must touch the wall as high as possible.
 - Video auditions: make sure the wall is in a contrasting color with you and your clothing so that the height of the jump is clearly visible.
- Leg lifts:
 - The athlete must hang somewhere where his/her whole body is supported (ideally stall bars).

- Without any run-up, the athlete must raise his/her legs and touch the bar from which he/she is suspended, then return to the initial position.
- If the athlete does not touch the bar with his/her feet and/or uses a run-up, the repetition does not count.
- The test ends when:
 - The athlete can no longer touch the bar without a run-up.
- Back muscle endurance:
 - The athlete positions himself on the GHD with the iliac spines (anterior hip bones) supported by the cushion.
 - The upper limb must remain horizontal throughout the test and the arms are placed above the head (biceps to ears).
 - The test ends when:
 - The position can no longer be maintained
 - The position is maintained for two (2) minutes.
- Abdominal muscle endurance:
 - The athlete must sit on the GHD, tailbone at the end of the bench, trunk flexed to 30°, and arms flexed overhead (biceps to ears).
 - The position must be maintained throughout the test.
 - The test ends when:
 - The initial position cannot be maintained.
 - The position is held for two (2) minutes.

A. Basic skills - circus fundamentals

Video presentation: <https://youtu.be/xC5G1sE5NS8>

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: Record each of these movements 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 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.

B. 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.

C. 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. 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. 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.

D. Technical skills – main discipline

Important: Make sure your full body is in the frame for the entire presentation.

- Presentation of your technical skills:
 - If you're doing the acrobat profile, your technical portion must be presented in floor acrobatics AND trampoline.
 - If you are doing the regular profile, present your technical skills in your chosen main discipline.
- Maximum 3 minutes.

E. Performance Number – main discipline

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

- Candidates registered in the regular profile must present a performance of a maximum of 3 minutes in their chosen main discipline.
- Candidates registered in the acrobat profile must present a performance of a maximum of 3 minutes in the discipline of their choice.

This number should allow us to evaluate your technical and artistic skills and qualities.

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