École de cirque de Québec

Audition Guide - DEC & AEC

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: 8:30 to 17:00

A. Presentation of a number in primary circus discipline
B. Physical conditionning
C. Group discussions, creative workshops, and collaborations

Day 2 : 9:00 to 16:00

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

Details :

A. <u>Basic skills - circus fundamentals</u>

- Floor Acrobatics

  You will be evaluated based of the following criteria:

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

  <u>List of requested movements:</u>

  - 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 ECQ 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.
- The acrobat profile will be evaluated on trampoline and floor acrobatics.

C. Acting

- A group acting period focused on 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 discipline.
- This number should allow us to evaluate your technical skills in your 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 ECQ will provide a teacher if needed to pull the aerial numbers. There will only be a moment of rehearsal with this person. Remember to keep your height change cues (if any) simple. ECQ 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 ECQ. Each group member must submit an individual application.

F. 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 with elbows at a 45˚ angle to the torso: forearms vertical during the lowering and raising phases, continuous rhythm, torso 5 cm off the ground.
- Pull-ups on the horizontal bar (not on the trapeze): hands in pronation, chin above the bar, full range of motion in the arms.
- Leg raises: Hang from the horizontal bar (not the trapeze), feet touching the upper bar (full range of motion with legs extended).
- Single-leg glute bridge on a bench: Hold the position as long as possible without losing alignment.

If you have any questions, you can email us at the following address: auditions@ecoledecirque.com

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