

Part 1 Video Audition Requirements (2025 Entry)

BA (Hons) in Circus Arts Degree

Please follow the below guidelines, outlining what you should include in your part 1 audition video and how to submit it. For more information or if you have any questions, please contact Joanna Young (Admissions and Registry Manager) at joanna@nationalcircus.org.uk.

As part of our online application form (on our website) you will be asked to include a video audition link **in the following format**:

- **ONLINE** – upload a video to YouTube, Vimeo or another secure platform and send us a link within your application form to view it online. Ideally, we should be able to access your entire video audition via **one** video link.

Deadline for Submission: 24th March 2025 at 1pm (GMT)

Please ensure we have received your video by the above deadline as part of your online application. If you have any issues including your link within the application, please email it to joanna@nationalcircus.org.uk

Important Tips

- Each section of the video must be presented in one continuous take. For example: one continuous take for 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. The videos provided are examples of the sequences being demonstrated by current or previous students. These are to help you understand what is required but you are not expected to be at the same level shown.
- It is helpful if you can label each section of your audition video as per the below section headings.
- Please wear clothes that we can clearly see you in against the background that you’re filming in.

Information for D/deaf and Disabled Students

NCCA welcome applications from D/deaf and disabled people and offers places solely on the basis of potential and suitability for a career in the profession. If you have any access requirements, please contact the Admissions and Registry Manager to discuss any reasonable adjustments that can be made for you as part of the video audition, and if successful, during the course.

The audition video must contain:

1. Introduction

- Introduce yourself and answer the following:

Why choose circus? What do you hope to gain from your educational journey and what do you hope to achieve as a result? (no longer than **1 minute**)

2. Acrobatics (Part 1 set sequence)

In close fitting training kit, please show the following:

- Learn and demonstrate this acrobatic sequence: <https://youtu.be/DJzrx4hJB3E>

Sequence notes:

- Squat with plastic pole (place pole to the side)
- 2 straight tension jumps
- 3 tuck jumps
- Jump full turn
- Forward roll to dish and hold 10 secs
- Rock x 5
- Roll to shoulder stand to stand up.
- 1 leg squat right
- 1 leg squat left
- Kick to handstand forward roll
- Tuck, straddle pike to handstand forward roll (1 of each)
- Jump 1 1/2 turn

Important: Any skills that you are unable to complete, please show a variation of. E.g. instead of doing a handstand into a forward roll, just show a handstand against the wall. Likewise, if you are limited on space, you can adapt the sequence to fit within the space available to you.

3. Acrobatics (Part 2 own sequence)

- Create and demonstrate a short sequence of floor-based acrobatics skills incorporating movement as a vehicle for the acrobatics. (**30 seconds maximum**)

4. Flexibility

In close fitting training kit, please show the following:

- Learn and demonstrate this flexibility sequence, which combines core control, mobility and range of motion working through the body:
<https://www.youtube.com/watch?v=c4eNAsY4QL8>

Sequence notes:

- Standing leg hold on right and left leg:
 - Forward
 - Side
 - Backward
 - Needle stand

Straight legs

Lift as high as you can on each and hold for 3-5 secs

- Forward roll to lay flat
- Push to bridge

Shoulders as far over the hands as you can

Feet together

Legs straight

Hold for 3-5 secs

- Pike sit
- Forward fold

Legs together and straight

Reach as far forward in front of toes

Chest as close to the legs as possible

Hold for 3-5 secs

- Straddle sit
- Forward fold

Legs wide and straight

Reach as far forward as you can in front of you

Chest as close to the floor as possible

Hold for 3-5 secs

- Sit up and pull forward to box split

Legs in a straight line

Hips as close to the floor as possible

Chest on the floor or supported on arms if required

Hold for 3-5 secs

- Sit up and show seated box split

Pull in as close as you can into a straight line
Hold for 3-5 secs

- Splits on right and left leg

Both legs straight
Hips as close to the floor as possible
Arms out to the side
Hold for 3-5 secs each

Important: Each position is held for 3-5 seconds. Where necessary legs should be as straight as possible. In all positions only go to where you are comfortable. Do not push beyond your limits. If you are limited on space, you can adapt the sequence to fit within the space available to you.

****Please refer to the audition criteria below****

Part 1 Audition Criteria

Candidates at part 1 of the audition are assessed on:

Technique:

Co-ordination
Flexibility
Balance
Core and control
Strength and power
Placement and line
Confidence
Fitness
Range of movement

Creativity:

Imaginative response
Curiosity and risk taking
Groundedness and fluidity