



FLIC
SCUOLA
CIRCO
TORINO

a project of the



REALE SOCIETÀ GINNASTICA
di Torino

Contemporary Circus Artist Training Programme

**AUDITIONS 2020: 13th-14th-15th-16th-17th-18th-19th-20th-21-22th-
July**

en.flicscuolacirco.it

VIDEOS TO SEND

Each candidate must send the link of each video, by using Vimeo or YouTube platforms. Videos sent as an attachment via email will not be accepted.

▪ **VIDEO N. 1: PHYSICAL TEST CARDIO CIRCUIT**

LINK: <https://youtu.be/GxuFt3Ppf9g>

Cardio circuit

Perform the cardio circuit, trying to reach the maximum number of repetitions for each station - 20 seconds of work and 10 seconds of recovery.

- ✓ Squat jump
- ✓ Push-ups with body held in plank
- ✓ Upper abs lying on back (straight legs at 90° - lift upper body to a maximum number of repetitions with arms forward)
- ✓ Upper back (with legs held to the floor - lift upper body to a maximum number of repetitions with arms straight above head)
- ✓ Leg raisers on wall bars (legs straight throughout) or when wall bars are not available: V-ab crunch with straight legs (lying on back, crunch using upper body and straight legs, touch your feet each time) - **VIDEO 1A SPECIFICA TEST FISICO - LINK:**
<https://youtu.be/l1ys5nwxN7c>
- ✓ Lower back (with the upper body static, maximum elevation of legs with straight legs)
- ✓ Rope skipping (jumps using only the ankle, maintain legs straight)
- ✓ Chin-ups on a bar (with your palms facing you), or, in absence of a bar, other versions are possible such as using a table... **VIDEO 1A SPECIFICA TEST FISICO - LINK:**
<https://youtu.be/l1ys5nwxN7c>

▪ **VIDEO N. 2: FLEXIBILITY TEST**

LINK: <https://youtu.be/FpZRJ6cqwec>

Flexibility:

- ✓ Right splits
- ✓ Left splits
- ✓ Box splits
- ✓ Pike with legs together
- ✓ Straddle split with legs at 90°
- ✓ Bridge

▪ **VIDEO N. 3: HANDSTAND TEST**

LINK: https://youtu.be/z_s8KEEm6j8

LINK: <https://youtu.be/dhnVMqkhEOA>

- ✓ Straight handstand from lunge – minimum time in handstand is 5 seconds to a maximum of 10 seconds.
- ✓ Press handstand from standing (in straddle form) – hold for 2 seconds and lower legs through straddle.

▪ **VIDEO N. 4 ACROBATICS TEST**

For all candidates:

- ✓ Forward and back roll
- ✓ Cartwheel
- ✓ Handstand to forward roll
- ✓ Round-off
- ✓ Hand-spring
- ✓ Acrobatic movements – choices of candidates

Optional:

- ✓ Round-off back handspring
- ✓ Forward salto
- ✓ Back salto
- ✓ Round-off, back handspring, back salto

▪ **VIDEO N. 5: DANCE:**

A 2-minute improvisation video is required. The entire body must be always visible in the video.

- ✓ Wear loose clothing but keeping face and hands clearly visible (no hats or sweaters with sleeves beyond the wrist), bare feet (shoes allowed only if strictly necessary for the type of movement).
- ✓ The audio must be clearly audible.

- ✓ The first minute is completely free, select a song / music that can help you express your personality through free movement.
- ✓ Second minute without a music track, the focus is the breath and the consequential dynamics of the movement. In this case, if you have a specific technique (classical, contemporary, modern-jazz, hip hop, tip tap, afro etc.), you may start from it.
- ✓ Do not repeat the same sequence in both videos.

▪ **VIDEO N. 6: STAGE PRESENCE TEST WITH YOUR CIRCUS DISCIPLINE**

A video of technique using your circus equipment is required, in which there are also artistic components and stage presence. The video must contain your own work, with a maximum duration of 3 minutes. The presentation is free, the candidate can therefore use accessories, personal items, music. The video needs to have been filmed recently, where this is not possible, a previously recorded video you have closest to the present date.