

## **VIDEO AUDITION REQUIREMENTS**

We would like you to record a short video of yourself demonstrating the following skills. All applicants should take note of the instructions on page 2 and follow them carefully for your application to be considered.

If you would like to receive a demonstration video for further guidance, please email [jo.hurst@csbschool.co.uk](mailto:jo.hurst@csbschool.co.uk) to request the link, clearly stating the age and school year of the applicant.

### **All applicants - facing the camera:**

- Feet parallel, dégagé right foot to the front – hold for 5 seconds
- Feet parallel, dégagé left foot to the front – hold for 5 seconds
- Demi- plié in 1<sup>st</sup> position – hold for 5 seconds
- Feet 1<sup>st</sup> position – dégagé right foot to the side – hold for 5 seconds
- Feet 1<sup>st</sup> position – dégagé left foot to the side – hold for 5 seconds

### **Barre work to include:**

- Demi and grands pliés
- Battement tendu and battement glissés - devant, à la seconde and derrière
- Battement jeté – devant, à la seconde, derrière – *applicants aged 14-16yrs only*
- Développé devant, à la seconde and derrière
- Grands Battement – devant, à la seconde, derrière

### **Centre work to include:**

- Ports de bras
- Adage – to include arabesque en l'air facing the side, show both sides. Can also include balancé /waltz and développé devant
- Relevés and pirouettes – to include relevés 5<sup>th</sup> and devant and single turns from 5<sup>th</sup> if already learnt, show both sides
- Petit allegro – to include sautés in 1<sup>st</sup>, échappés to 2<sup>nd</sup>, soubresauts and changements
- Turning skips – *applicants aged 11-12yrs only*, show both sides
- Allegro – can include glissade, jeté ordinaire, assemblé, pas de chat

### **Pointe work** – only if already studying:

- Rises in 1<sup>st</sup> and 2<sup>nd</sup> position – at the barre
- Echappés to 2<sup>nd</sup> in 2 and 4 counts – at the barre or in the centre

### **All applicants**

#### **Sitting on the floor facing the side:**

- Legs straight in front, lift arms and then stretch forward over legs – hold for 5 seconds
- Splits with right leg
- Splits with left leg

#### **Sitting on the floor facing the back, away from the camera:**

- Sit with legs to the side in second – hold for 5 seconds
- Lying on back, 'frogs legs', soles of feet together, knees to the side – hold for 5 seconds

- **What to wear** - a leotard, socks or tights and ballet shoes, hair in a bun if applicable.
- **What music to use** – please use any music of your choice.
- **What to film on** - film with a fixed camera / phone to ensure your whole body can be seen, even when on the floor.
- **How to film** - please ensure you film in landscape.
- **Introduce yourself** - at the beginning of your video, please start by introducing yourself to the camera. Please film this with your head and shoulders in shot. Please include the following information:
  1. Your full name
  2. Your age
  3. Your academic school year
- **Submit one video** - please ensure all your video footage is collated into one video. You will need to use an editing tool to do this.
- **Upload to YouTube** - Your audition video must be uploaded to YouTube as an 'Unlisted' video. You must then copy and paste the HTML link to your video, into your application form when instructed to do so. Please refer to our [YouTube Guidance](#) for instructions on how to upload your video to YouTube.
- **The title of your video** - The title of your audition video must be your FULL NAME and DATE OF BIRTH

Should you have any questions regarding your video audition or your application, please contact [juniorschool@csbschool.co.uk](mailto:juniorschool@csbschool.co.uk)

**Thank you for applying for the Associate Programme at Central School of Ballet.**