

## Video Audition Requirements:

1. Please position the camera in front of the applicant to show FULL height and breadth in pliés and port de bras. Please position the camera halfway between front and side for all other sections of the barre to show full range of movements.
2. Simple Barre work to cover:
  - a) Pliés and port de bras.
  - b) Tendus and jetés (glissés, degagés).
  - c) Adage.
  - d) Grands battements.
3. Centre Practice:
  - a) Centre Practice showing battement tendu.
  - b) Adage enchaînement including 1st arabesque, if applicable.
  - c) Pirouettes may be from 5th, 2nd, or 4th position shown on the right and the left sides, if applicable.
  - d) Travelling steps such as sways, triplets and balances.
4. Allegro:
  - a) 1 enchaînement consisting of simple jumps on two feet.
  - b) 1 enchaînement showing small/medium jumps.
  - c) 1 enchaînement showing travelling jumps.
5. Stretches — The applicant should sit facing the wall to the left.
  - a) Sit upright with right leg extended straight in front of the body, with the left leg bent, knee to ceiling, foot flat on floor. Arms can hug the bent leg. Point the extended foot as hard as possible and hold.
  - b) Repeat exercise with other leg.
  - c) Sit upright with both legs extended in front of body and arms extended above head. Bend torso over legs, attempting to place chest on thighs while keeping knees fully stretched. Arms should reach out beyond feet. Hold position.
  - d) Lie flat on back. Extend right leg on the floor in front of body and lift the left leg straight up off the floor. Take hold of the raised leg with hands and pull it towards chest. Knees should not bend and hips should remain on the floor. Hold position and lower.
  - e) Repeat exercise with other leg
  - f) Lie flat on back. Bend both knees with feet flat on floor, let legs flop open to the sides. The soles of your feet should face each other. Keep center of back flat against the floor. g) Sit on the floor with legs open to the side as far as possible. Lean body forward and try to place chest on the floor with arms reaching straight out on the floor in front.