



VOCATIONAL CLASSICAL BALLET STUDY PROGRAMME - VIDEO REQUIREMENTS

Our Vocational Classical Ballet Study Programme comprises five levels:

Level 0: The Preparatory Course (ages 8-11)

Level 1: The Foundation Course (ages 11-14)

Level 2: The Pre-Vocational Course (ages 14-16)

Level 3: The Vocational Course (ages 16-18)

Level 4: The Pre-Professional Course (ages 18+)

Admission to the School's Vocational Classical Ballet Study Programme is by audition. Applicants are required to complete the on-line registration and upload their video footage.

You should submit your video footage by private **YouTube** video link.

Applicants will be notified the outcome by email. The video auditions are specifically for students who are hoping to be selected for the **Vocational** Classical Ballet Study Programme who are unable to attend an in-person audition.

VOCATIONAL CLASSICAL BALLET STUDY PROGRAMME – ALL LEVELS

AUDITIONEES FOR ALL LEVELS ARE REQUIRED TO SUBMIT VIDEO FOOTAGE OF THE FOLLOWING STRETCHES.

FEET

The applicant should sit facing the wall to the left.

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. Pointe the extended foot as hard as possible and hold. Repeat on the other side.

ACHILLES

The applicant should stand in profile to the camera with their feet parallel and hip width apart. Then bend the knees to squat keeping the heels on the floor. Hold position.

HAMSTRINGS

The applicant should sit in profile to the camera. 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.

SPLITS

The applicant should sit facing the camera. 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. Hold position.

BACK

The applicant should be in profile to the camera. Lying face down, place hands on the floor next to shoulders, push up to arch back keeping the pelvis on the floor. Hold position.

LEVEL 0: THE PREPARATORY COURSE (AGES 8-11) (YEAR 5 AND 6 ENTRY)

Centre Practice

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of work to include:

- Stand facing the camera performing a simple Port de bras with use of head to show style and sense of movement .
- Stand facing the camera performing Demi plies in 1st and 2nd position.
- Stand facing the camera performing Battement tendus a la seconde, showing both the right and left leg.
- Stand facing the camera, feet in first position, and perform 16 jumps in first position, jumping as high as possible while staying in time with the music.
- Stand facing the camera, feet in first position, and perform 8 Echappe Saute from 1st position to 2nd position.
- Starting from the back corner (either side) and perform 2 circles of skips and/or gallops, hands on waist.

LEVEL 1: THE FOUNDATION COURSE (AGES 11-12) (YEAR 7 ENTRY)

Barre work

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of work to include:

- Stand holding the barre, performing Demi and Grand plies in 1st and 2nd position on one side only.
- Stand holding the barre, performing Battement tendus x 4 en croix. Demonstrate on both right and left leg.
- Stand holding the barre, performing Grands battements x 4 en croix. Demonstrate on both right and left leg.

Centre Practice

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of work to include:

- Stand facing the camera performing a simple Port de bras with use of head to show style and sense of movement .
- Stand facing the camera, feet in first position, and perform 16 jumps in first position, jumping as high as possible while staying in time with the music.
- Stand facing the camera, feet in first position, and perform 8 Echappe Saute from 1st position to 2nd position.
- Starting from the back corner (either side) and perform 2 circles of skips and/or gallops, hands on waist.
- Perform travelling steps or simple enchainment which include Temps levé in arabesque and Balancé waltzes.

LEVEL 1: THE FOUNDATION COURSE (AGES 12-14) (YEAR 8 AND 9 ENTRY)

Barre work

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of work to cover:

- Stand holding the barre performing Demi and Grand plies in 1st 2nd and 5th positions. Demonstrate on one side only.
- Stand holding the barre performing Battement tendus x 4 en croix. Demonstrate on both right and left legs.
- Stand holding the barre performing an Adage to include Developpes devant, a la seconde and derriere. Demonstrate on both right and left legs.
- Stand holding the barre performing Grands battements x 4 en croix. Demonstrate on both right and left legs.

Centre Practice

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of Centre Practice, Adage and Pirouettes

- Stand facing the camera performing a simple Port de bras with use of head to show style and sense of movement .
- Stand facing the camera performing an Adage to include a Grand plie and a 1st Arabesque en l'air.
- Stand facing camera performing a single or double Pirouette en de hors. Pirouettes may be from 5th, 2nd, or 4th position and must be done on the right and the left sides.

Allegro

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of Allegro to cover:

- Stand facing camera performing a combination of Sautes, Echappes, Changements.
- Stand facing camera performing a combination of Petit Allegro.
- Stand facing camera performing an enchainment showing travelling jumps including Waltzes, Temps levé in arabesque and Grand pas de chat.

FEMALE Pointe Work

These exercises may be taken at the barre or in the centre. Beginners must face the barre.

2 minutes of Pointe Work to include:

- Perform a combination of slow rises in 1st and 2nd position.
- Perform a combination of Echappé relevé in 2nd, Retiré relevé passé»

MALE

- Stand facing camera and perform a combination of Grand Echappe saute, Soubresaut and tour en l'air.

LEVEL 2: THE PRE-VOCATIONAL COURSE (AGES 14-16) (YEAR 10 AND 11 ENTRY) LEVEL 3: THE VOCATIONAL COURSE (AGES 16-18) (YEAR 12 AND 13 ENTRY) LEVEL 4: THE PRE-PROFESSIONAL COURSE (AGES 18+)

Barre work

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of work to cover:

- Stand holding the barre performing Demi and Grand plies in 1st 2nd and 5th positions with port de bras forwards, sideways and cambre back.
- Stand holding the barre performing Battement tendus, Glisses and Jetes. Demonstrate on both right and left leg.
- Stand holding the barre performing an Adage to include Developpes devant, a la seconde, derriere and Grand rond de jambe en l'air. Demonstrate on both right and left leg.
- Stand holding the barre, performing Grands battements and Battements en cloche. Demonstrate on both right and left leg.

Centre Practice

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of Centre Practice, Adage and Pirouettes

- Stand facing the camera performing a combination showing Battement tendu combined with Battement jete in croise devant, croise derriere a la seconde facing en face.
- Stand facing the camera performing an Adage which includes a promenade in either a la seconde or Arabesque, and a Penché in 1st arabesque.
- Stand facing the camera performing a Pirouette combination. Pirouettes may be from 5th, 2nd, or 4th position, but must be done on the right and the left sides, en dehors and en dedans.

Allegro

Please position the camera in front of the applicant to show the auditionee is in full view.

5 minutes of Allegro to cover:

- Stand facing camera performing a combination of Sautes, Echappes, Changements.
- Stand facing camera performing a combination of Petit Allegro.
- Stand facing camera performing an enchainment showing travelling jumps including Waltzes, Grand jeté en tournant and Jeté en avant.

FEMALE Pointe Work

5 minutes of Pointe Work to include:

- Perform a combination of slow simple Echappé relevé in 2nd and 4th, retiré relevé and passé relevé.
- Perform a combination showing Pirouettes en de hors from either 5th, 2nd, or 4th position, but must be done on the right and left sides.
- Perform a combination on diagonal of Piqué turns.

MALE

- Perform a combination to show Tour en l'air, single or double.