

Calendar

You can apply until April, 15th, 2022

Shortlisted candidates : June, the 1st

Training programm at ENACR : 11 to 16, July

Admission results : July, 17th

How to apply

- Fill in the online information form
- Attach a certificate of circus practice or gymnastic, acrobatic, choreographic practice, for a minimum of 2 years, with a mention of the hourly volume
- Make two videos, give us the Youtube links to access them
The videos give a general idea of your physical level, your circus practice, your artistic bases. They allow us to get to know you from different angles. Not succeeding in a figure is not eliminatory ; nor the fact of not having practiced a lot of dance or theater.

- VIDEO 1

Balances and acrobatics

- 1) Handstand/front roll (3 times)
- 2) Front roll, toc, strandle, pic
- 3) Connected 3 cartwheels
- 4) Front and spring
- 5) Cartwhhell feet,feet
- 6) Round off
- 7) (Flic flac) back handsprings
- 8) Connecting Round off – (flic flac) back handsprings or connecting Round off back salto
- 9) acrobatic research sequence 3 mouves

Physical training and flexibility

- 10) 5 pull ups
- 11) 5 push-ups
- 12) 5 leg raises
- 13) Middle split
- 14) Left split
- 15) Right split
- 16) Seated: pike position,
- 17) Bridge

- 18) A Free passage to the trampoline. (if a trampoline is at your disposal)

- 19) Performance (2 ou 3mn) in your circus speciality

- VIDEO 2

20) Dance Moves

Theme : PUSH and PULL. Length : 1 to 3 mn.

You should perform in the space and the sound system of your choice.

Film: editing is not allowed, the camera is not allowed to move (all your body should be visible)

For instance, you can work on :

- The impact of your movement on your surroundings : pushing or pulling an object, pushing off the ground, going towards something and bringing something back to you.
- The impact of your surroundings on yourself (being pushed and being pulled). It could be interesting to offer a range of actions using speed (speed up, slow down, stop), space (top, bottom, directions), width (big, small) and repetition.
- Beware of the quality (fluid, jerky, strong, soft, heavy...) and the intentions and the feelings you want to pass through.

21) Theater

Theme : ATTRACT, BE ATTRACTED, REPEL, BE REPELLED. Length : 1 to 3 mn.

Speak to the camera, create a situation. Compose this work after the dance one.

Film: editing is not allowed

- The camera is your partner. It can be for example a person, or an animal, or an object, or other.
- Keep the storytelling simple and create a scene with clear beginning and ending.
- You can speak, if you wish, in your mother tongue.
- You can choose an indoor or outdoor location. Check the frame of the camera, and if you can be seen well, if you can be heard well.

Don't forget to have fun!

- Competition fees : 80€ (non refundable and by transfer to ENACR)
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The selection for the workshop from July 11 to 16

The shortlisted candidates have to send :

- For minors, the parental authorization
- 1 medical certificate permitting intense physical activity, issued within the last three months

- A photocopy of the front and the back of your ID or passport;
- An ID photo
- A list of the technical needs for the circus act.

The training program is from Monday (at 9 am) to Friday (6 pm) :

- Group exercises : circus specialities, circus bases, theater, dance, physical training
- Individual interview with the direction
- Circus act (3mn)