



## INTERNATIONAL BALLET ACADEMY - VIDEO REQUIREMENTS 2020-21

Admission to the School's Associate programme is by audition.

**Applications for the Associate Program 2021 are by video link.** Applicants are required to complete the on-line registration and upload their video footage by the closing date.

**You may submit your video footage by YouTube, Vimeo, Google Drive or One drive or direct upload.**

Applications must be submitted by **April 2nd, 2021** to be considered for the **Associate Programme**. Applicants will be notified by email, as to whether or not they have been selected to attend. The auditions are specifically for students who are hoping to be selected for the **Associate Programme**.

**Moorland School, Ribblesdale Avenue, Clitheroe, Lancs BB7 2JA**  
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**Labor Omnia Vincit - Work Conquers All**



## PRE-JUNIOR LEVEL 0 (YEAR 4-6) (AGES 8-10)

### MOVEMENT STEPS

These movements require space and music.

- Stand facing the camera, feet in first position. Do 16 jumps in first position, jumping as high as possible while staying in time with the music.
- Starting from the back corner (either side), do 2 circles of skips and/or gallops, hands on waist.
- Starting from the back corner, do 2 circles of runs using expressive arm movements.
- Stand facing camera and perform a simple port de bras with use of head to show style and sense of movement.

### 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.

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## JUNIOR LEVEL 1 (YEAR 7-8) (AGES 11-12)

### MOVEMENT STEPS

#### Barre work

Please position the camera in front of the applicant to show FULL height.

#### 5 minutes of work to cover:

- Stand holding the barre. Perform Demi and Grand Plies in 1st and 2nd position on one side only.
- Stand holding the barre. Perform Battement tendus x 4 en croix. Demonstrate on both sides.
- Stand holding the barre. Perform Grands battements x 4 en croix. Demonstrate on both sides.

#### Centre Practice

Please position the camera in front of the applicant to show FULL height.

#### 5 minutes of work to cover:

- Stand facing camera and perform a simple port de bras with use of head to show style and sense of movement .
- Stand facing the camera, feet in first position. Do 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. Do 8 Echappe Saute from 1st position to 2nd position.
- Starting from the back corner (either side), do 2 circles of skips and/or gallops, hands on waist.
- Travelling steps or simple enchainment which include temps levé in arabesque and balancé waltzes. Simple arm movement can be included.

### 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.



## SENIOR LEVEL 2 (YEARS 9-10) (AGES 13-14)

### MOVEMENT STEPS

#### Barre work

Please position the camera in front of the applicant to show FULL height.

#### 5 minutes of work to cover:

- Stand holding the barre. Perform Demi and Grand Plies in 1st 2nd and 5th positions with port de bras forwards and cambre. Demonstrate on one side only.
- Stand holding the barre. Perform Battement tendus x 4 en croix. Demonstrate on both sides.
- Stand holding the barre. Perform an Adage to include Developpes devant, a la seconde and derriere. Demonstrate on both sides.
- Stand holding the barre. Perform Grands battements x 4 en croix. Demonstrate on both sides.

#### Centre Practice

Please position the camera in front of the applicant to show FULL height.

#### 5 minutes of Centre Practice, Adage and Pirouettes

- Stand facing camera and perform a simple port de bras with use of head to show style and sense of movement .
- Stand facing camera and perform an adage to include a grand Plie and a 1st Arabesque en l'air.
- Stand facing camera and perform 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 FULL height.

#### 5 minutes of Allegro to cover:

- Stand facing camera and perform a combination of Sautes, Echappes, Changements.
- Stand facing camera and perform a combination of petit Allegro.
- Stand facing camera and perform an enchainment showing travelling jumps including waltzes, temps levé in arabesque and jeté en avant.

### 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:

- a) Perform a combination of slow rises in 1st and 2nd position.
- b) Perform a combination of echappé relevé in 2nd, retiré relevé and passé relevé.

### MALE

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

## SENIOR LEVEL 2 (YEARS 9-10) (AGES 13-14) - CONT.

### 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.

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## SENIOR LEVEL 3 (YEARS 11-13) (AGES 15-18)

### MOVEMENT STEPS

#### Barre work

Please position the camera in front of the applicant to show FULL height.

#### 5 minutes of work to cover:

- Stand holding the barre. Perform Demi and Grand Plies in 1st 2nd and 5th positions with port de bras forwards and cambre. Demonstrate on one side only.
- Stand holding the barre. Perform Battement tendus, glissés and jetés. Demonstrate on both sides.
- Stand holding the barre. Perform an Adage to include Developpes devant, a la seconde, derriere and Grand rond de jambe en l'air. Demonstrate on both sides.
- Stand holding the barre. Perform Grands battements and battements en cloche. Demonstrate on both sides

#### Centre Practice

Please position the camera in front of the applicant to show FULL height.

#### 10 minutes of Centre Practice, Adage and Pirouettes

- Stand facing camera and perform a combination showing battement tendu combined with battement jeté in croisé, en face and effacé, devant and derrière.
- Stand facing camera and perform an Adage which includes a promenade in either à la seconde or arabesque, and a penché in 1st arabesque.
- Stand facing camera and perform a Pirouettes 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 FULL height.

#### 5 minutes of Allegro to cover:

- Stand facing camera and perform a combination of Sautés, Echappés, Changements.
- Stand facing camera and perform a combination of petit Allegro.
- Stand facing camera and perform an enchainement showing travelling jumps including waltzes, grand jeté en tournant and jeté en avant.

#### Pointe Work

##### FEMALE

#### 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 of slow simple pirouettes from 4th position.
- Perform a combination on diagonal of piqué turns.

##### MALE

- Perform a combination to show tour en l'air, single or double and an entre six.

## SENIOR LEVEL 3 (YEARS 11-13) (AGES 15-18) - CONT.

### **BOTH FEMALE AND MALE**

If a classical and/or contemporary variation is known, please present either or both.

### **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.

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