

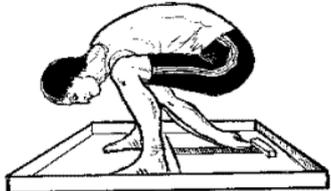
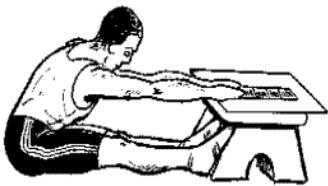
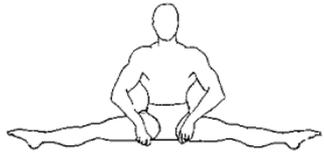
DISTANCE TEST ONLY FOR JULY APPLY

DEADLINE TO SEND MATERIAL AND FIELDS (CV and registration form) and audiovisual contents sending by Youtube or Vimeo links

July apply: 27th June 2020

1- Physical competency (obligatory)

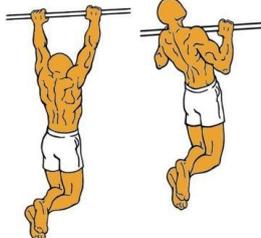
Flexibility

TEST	DESCRIPTION	PICTURE
Trunk	Standing, 75cm separated legs. Trunk bended, as picture. You have to check the distance between heel and hand's fingers. Don't up the heel.	
Sit and reach. (in profile)	Sit down with joined legs, with well rested ischiums. Go down with straight trunk. It's possible to do it on the ground or height.	
Split lateral. (face shot)	Gluteus and ischiums well rested on the floor. Go down with straight trunk until your limit.	
Bridge (in profile)	Bridge posture Hands according to shoulders' width. Opening shoulders and feet well rested on the floor. Joined legs.	

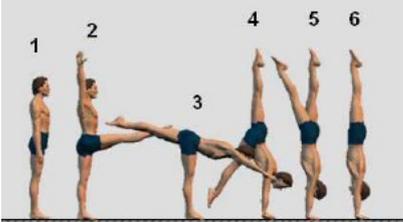
Fuerza

TEST	DESCRIPTION	PICTURE
Crunches	Rested on the ground (be careful with lower back, it has to be well rested and always in same position). When you begin, you cannot touch the floor with back and legs either. You have to do 40 or your maximum.	

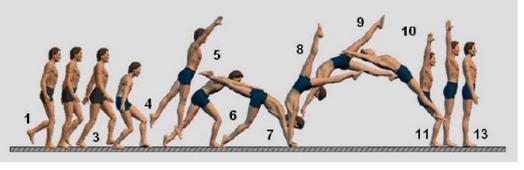
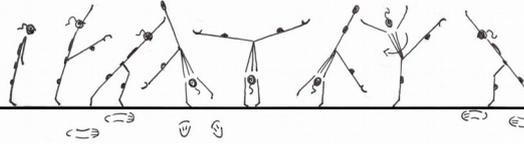
DISTANCE TEST ONLY FOR JULY APPLY

<p>Triceps Press-up</p>	<p>Elbows joined to trunk and hands stand on floor making 90 degrees when you stay in press-up. Please, attention with hip, it hasn't to change its position. Elbows cannot pass 90 degrees. Don't rest the knees. Until 15 or your maximum.</p> <p>DON'T get in panic if you can't; encouragement and training.</p>	
<p>Pectoral Press-up</p>	<p>Straight arms and during press-up the elbow and shoulder in 90 degrees.</p>	
<p>Pull-up</p>	<p>Hanged in a trapeze or other bar, you have to up your chin upper the bar. Maximum as you can.</p>	
<p>Vertical Jumps</p>	<p>Round of 12 non-stop jumps 1 Jump joined (according to the picture) 1 Jump with opened legs (if you can in opened tent)</p> <p>One after the other alternatively.</p>	

2- Acrobatic competency (obligatory)

TEST	DESCRIPTION	PICTURE
<p>Stands</p>	<p>Up with one leg and stay during 10 seconds.</p>	
<p>Grouped stand</p>	<p>Up with feet from floor. Opened shoulders and knees closer from abdomen.</p>	

DISTANCE TEST ONLY FOR JULY APPLY

<p>Front Handspring</p>	<p>It's very important that you don't up or down your shoulders. With help of other 2 people: one in lower back and other in shoulder blade (scapula).</p>	
<p>Somersault (forwards and backwards)</p>	<p>You must record on profile.</p>	
<p>Rueda lateral.</p>	<p>It's important to pass with stand moment. You must record on face.</p>	
<p>Flic-flac</p>	<p>You have to do that with help and thinking about technique If you never do it or you are not sure, don't do it. Its optional, no mandatory.</p>	

3- Monologue (obligatory): you have to choose one of three that you can find on website. You have to record with one camera and without editing.

4- Artistical-technical short show or/and speciality (voluntarily)

Duration maximum of 3 minutes (never up of this duration). Recorded whit one camera and without editing.

5-Circus technique (voluntarily)

Only it will be sended if circus abilities are different that you show in short show (exercise number 4) and you want to extend the information about your technical capacity. Maximum duration 3 minutes.