



CONTORTION
INTENSIVE
JANUARY 2019

VIDEO SUBMISSION REQUIREMENTS

Maximum length 5 minutes.

We would love to see a bit of your personality in your video. Please introduce yourself and include your name, age, where you are from, and your goals and expectations for this intensive. (Be as specific as possible about your goals and expectations.)

Perform as many of the following skills as you can safely demonstrate. Please show skills IN THIS ORDER:

- Front and center splits on ground
- Front and center over splits
- Back bend - from standing and back up
- Bridge with one leg straight up - both sides
- Chin stand or pretzel*
- Elbow stand (split or arched with both feet over head)*
- Straight handstand hold for 30 seconds (free standing if able or against wall)*
- Cartwheel
- Front and back walkovers
- Any additional contortion tricks or other skills you would like us to see, e.g. dance, tumbling, hand balancing, etc.

**For these skills please include your transitions in and out of the positions. If able to transition in and out multiple ways, please include all variations.*

If you are currently working on a contortion act, we would like a separate link to that as well.

Please upload your video(s) to YouTube/Vimeo in a publicly available format (no password required). You'll include the link(s) in the application form.