

# Teacher Training Audition Video Guide

## Filming Guidelines:

Your audition video should show the space you'll use during the course. Set it up exactly as it will be for class. Since much of the training focuses on developing your coach's eye and giving feedback, we need a clear view of your movement.

Pay attention to lighting and avoid backlighting. Test a few camera angles and distances so your full body is visible in the air without the camera being too far away.

All videos must be filmed with safe rigging and a crash mat.

## When and Where to Submit your Audition Video

Upon enrollment, we'll send you an application form. That form will include a space to share your audition video link.

You can host your video on any platform you prefer; YouTube, Google Drive, Dropbox, Vimeo, etc. Just make sure your sharing settings allow us to view it.

Sharing settings to check:

- **YouTube:** Set your video to Unlisted (not Private)
- **Google Drive:** Set to Anyone with the link can view
- **Dropbox:** Create a shared link that is viewable by anyone with the link



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## Audition Guidelines:

You do not need to film all skills in one take. Record them separately if that's easier.

We're looking at strength, ability, and technique. Use your best form.

For all inverts, please avoid:

- Using a beat or jump to initiate
- Tagging your foot on the apparatus

## Level 1 Silks

[Video of Audition Skills](#)

Category	Requirements
Climbs	Climb the full length of the silks (Standard or Russian), both sides
Footlocks	Footlock with silks together from a climb — both sides
Inverts	Straddle invert from a climb — silks together <b>or</b> apart; <i>Or Invert Alternative</i>
Skills	3 footlock skills of your choice (may be all on one side)

### Invert Alternative (Silks)

- ✓ 5-second bent-arm hang
- ✓ Negative straddle invert
  - Hold the top position for 3 seconds (arrive however you can)
  - Descend with control to a foot clamp using a bent-arm position

# Teacher Training Audition Video Guide

## Level 1 Trapeze

[Video of Audition Skills](#)

Category	Requirements
Inverts	Straddle invert under the bar; Or Invert Alternative
Knee Hang	Knee hang — entry of your choice
In the Ropes	3-second tuck hold
Skills	5 beginner skills of your choice

### Invert Alternative (Trapeze)

- ✓ 5-second bent-arm hang
- ✓ Negative invert
  - Mount the trapeze by any method to reach the inverted position under the bar
  - Hold 3 seconds and return to a bent-arm position with control

## Level 1 Lyra

[Video of Audition Skills](#)

Category	Requirements
Inverts	Straddle invert under the bar; Or Invert Alternative
Hangs	Full dead hang from the top bar
On Top Bar	Knee hang • Pull-up to sitting or beat to sitting • Exit to sitting
Skills	5 beginner skills of your choice

### Invert Alternative (Lyra)

- ✓ 5-second bent-arm hang
- ✓ Negative straddle invert
  - Mount by any method to reach the inverted position under the bar
  - Hold 3 seconds, return to bent-arm position with control

# Teacher Training Audition Video Guide

## Level 2 Silks

[Video of Audition Skills](#)

Category	Requirements
Windmill Hip Key	From bent arms from a climb — both sides
Same-Side Wrap ("Catchers")	From bent arms from a climb — both sides
Cross-Back Straddle	From any type of footlock
Egg Rolls	3 reps: split silks tuck inversion
Skills	3 beginner/intermediate skills of your choice

## Level 2 Rope

Category	Requirements
Windmill Hip Key	From bent arms from a climb — both sides
Same-Side Wrap ("Catchers")	From bent arms from a climb — both sides
Straight-Arm Hang	30-second hang × 2 sets — switch the top hand
Beats	Bell beats • Turn pike beats

# Teacher Training Audition Video Guide

## Level 2 Trapeze

[Video of Audition Skills](#)

Category	Requirements
Pullover to Front Balance	Smooth, controlled entry
Front Balance Hold	15 seconds
Beats	Pike beat to tuck under the bar
Hangs	Double ankle hang • Single knee hang
Skills	5 intermediate skills of your choice

## Level 2 Lyra

[Video of Audition Skills](#)

Category	Requirements
Pullover to Front Balance	Smooth, controlled entry
Front Balance Hold	15 seconds
Beats	Pike beat to tuck under the top bar
Hangs	Ankle hang • Single knee hang (bottom bar)
Skills	5 intermediate skills of your choice