



# INSTITUTE FOR CONTEMPORARY THEATRE

## **BA (Hons) Performing Arts – Uniform and Kit lists**

ICTheatre are proud to work with the TIERED movement and share their mission to improve racial equality and representation in the dance industry. Details of Shades dancewear can be found here: <https://www.tiredmovement.com/shades/>

**All CLASSES at ICTheatre require black movement (acting and vocals) clothes or black form fitting dance wear.**

### **Examples below:**

- Leotard
- Unitard
- Biketard
- Shorts
- Jazz Pants
- Form Fitting/Loose T-Shirt (not baggy) – Short sleeved / long sleeved
- Form Fitting/Loose Vest (not baggy)
- Leggings - full length / ankle length / 3/4 length
- Tights - convertible / cut off / full length when worn with dance shoes

### **Additional compulsory/optional genre specific requirements:**

#### **Traditional Jazz / Jazz Focus Classes**

- Jazz shoes
- Half jazz shoes – optional
- Hair up, secured and off the face – compulsory

#### **Traditional Ballet / Ballet Focus**

- Ballet bun for hair – compulsory – (*here is a video tutorial for how to do a ballet bun: <https://www.youtube.com/watch?v=3yG7Hcozrf8>*) /
- Short hair off the face / long dreadlocks up / short dreadlocks off face / afro hair headband – optional
- Ballet shoes - compulsory - canvas split soles with elastics are recommended
- Skin colored ballet tights – optional Ballet skirt – optional

#### **Progressing Ballet Technique (PBT) Classes**

- Ballet bun for hair – compulsory – (*here is a video tutorial for how to do a ballet bun: <https://www.youtube.com/watch?v=3yG7Hcozrf8>*)
- Short hair off the face / long dreadlocks up / short dreadlocks off the face / afro hair headband – optional
- Cycling shorts or knee length tights/leggings are required – compulsory
- Exercise mat - compulsory
- Exercise ball - compulsory - *height 4'8" to 5'3" require small ball (55cm), height 5'4" to 5'10" require medium ball(65cm), height 5'10" to 6'4" require large ball (75cm)*
- Resistance band - compulsory - 3m in length of medium strength band

#### **Tap Classes**

- Tap shoes - compulsory - Capezio taps are recommended
- Hair up, secured and off the face - compulsory

- Loose-fitting T-shirt - optional
- Tracksuit bottoms – optional

### Contemporary Classes

- Sports socks
- Hair up, secured and off the face - compulsory
- Loose fitting t-shirt -optional
- Tracksuit bottoms –optional

### World Dance / Jazz Styles Classes / Commercial

- Any different/additional requirements will be communicated to you prior to class

### All Dance Classes

- Appropriate dance underwear – for example dance bra, dance belt, sports bra etc.

### Useful Links for examples of recommended uniform and kit

- Dance belt - <https://dancewear.co.uk/male-dancewear/dancebelts.html>
- Sports socks - <https://www.sportsdirect.com/champion-3-pack-logo-socks-413079#colcode=41307903>
- Capezio taps - <https://dancewear.co.uk/tele-tone-toe-taps-5.html> + <https://dancewear.co.uk/tele-tone-heel-taps-6.html>
- Exercise ball - <https://www.argos.co.uk/browse/sports-and-leisure/fitness-and-gym-accessories/exercise-balls/c:30624/>
- Stretch band - <https://www.healthandcare.co.uk/resistance-band-range/rolyan-resistive-exercise-band-roll.html>
- Exercise mat - <https://www.sportsdirect.com/fitness-and-training/fitness-equipment/gym-mats>

### General Rules for dance classes:

- Have a filled water bottle for every class (wateronly)
- No jewellery
- No make-up
- No nail extensions No branded clothing

### General Rules for Acting for the 21st Century:

- Have a filled water bottle for every class (water only)
- No hanging/drop jewellery
- No make-up
- No nail extensions
- No branded clothing
- Movement clothes should be safe and supportive.

### Hip Hop Artistry

- Plain black movement clothes, no logos
- Suitable supporting underwear
- Suitable black dance attire to include leotard,
- Jazz pants and tracksuit
- Jazz shoes
- Trainers (clean for indoor use only) Ballet tights, leotard
- Split sole ballet shoes



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