



counter technique.

CTTT 2026

Application FORM

Thank you for applying for the CTTT in Amsterdam from 7 – 20 August 2026.

Please fill out all the required questions on this online application form. This will take approx. 30 minutes – if properly prepared. Your answers can be brief.

Before filling out the online EOI form, we recommend downloading all questions [HERE](#), and collecting all required information, documents and answers in advance.

We recommend filling out the document on a laptop or desktop computer, instead of a mobile device.

Be aware that you will be required to provide the following documents and web links:

- CV
- One Headshot
- Two Dance photos
- Three video assessments

Before filling out the form, please make sure to check that you have the correct and final version of all documentation you're submitting, including working video links, as we're not able to process changes after the form has been submitted.

You will also be required to complete a registration payment. This can be completed using a Paypal–

account or credit card.

Do not email us your answers or documents, all EOI applicants need to be submitted through this online form.

Any technical issues that you may have, please email cttt@countertechnique.com.

For all other questions and all program conditions, please make sure to read our [FAQ questions page](#) carefully.

Make sure to print your form at the end, for your own archive and in case you encounter any technical issues upon submitting.

We look forward to receiving your application!

Full Name *

First Name

Last Name

COMMUNICATION

E-mail *

Re-type E-mail *

example@example.com

Mobile Phone Number *

Country Code

–

Area Code

–

Phone Number

Facebook address:

facebook.com/

Instagram name:

Select other available communication options *

- ☐ Facetime
- ☐ Facebook messenger
- ☐ WhatsApp
- ☐ WeChat
- ☐ Signal
- ☐ None of the above
- ☐

Website (optional)

Address *

City

State / Province

Postal / Zip Code

Country

PERSONAL DETAILS

Nationality *

Country

Other nationality

Country

Country of birth *

Country

Age *

Languages (fluent) *

PERSONAL IDENTITY (optional)

We are committed to make the CTTT an event where every individual feels welcomed, acknowledged and appreciated. If you would like to share more information with us about your personal identity, please feel free to do so here. All questions in this section are optional.

Please let us know your cultural identity (optional).

If you don't wish to answer, please leave open.

Please let us know your gender identity (optional).

If you don't wish to answer, please leave open.

Please let us know your personal pronouns

(optional).

If you don't wish to answer, please leave open.

If you'd like to share any other information about your personal identity, please do so here (optional).

If you don't wish to answer, please leave open.

EDUCATION

Most applicants have finished or participated in formal dance education; for those people that have, all questions below are mandatory. We acknowledge and respect, however, that not all dance professionals have followed that path, and for those who haven't, we ask that you list the relevant learning experiences and teachers throughout your career instead and skip those questions that do not apply to your situation.

Graduation Year

Degree

Name of Professional Dance Program/School

If you did not attend a Professional Dance Program or School, please clarify which other studies you have completed.

City / Country

City

Country

Other relevant degrees and studies, incl. graduation year, institution, city, country

CURRENT ENGAGEMENT(S)

Years of Professional Dance Experience *

Current work as a dance artist *

Please indicate if you are currently involved in a dance work, including name of work, choreographer and/or co-creators and company, or if you're employed by a dance company, a university or any other dance organisation. If applicable, otherwise fill out "n/a"

Weblink (optional)

Most relevant dance work in your career *

Weblink (optional)

AVAILABILITY

I am available for the full two-week period of the CTTT. *

- ☐ Yes
- ☐ No
- ☐ Maybe

Additional Information

Please specify any additional information that we should be aware of when considering your application (eg availability, injury). For any questions you might have, please consult the FAQ questions section on our website:
<https://www.countertechnique.com/cttt2025/faq-cttt-2025/>

COUNTERTECHNIQUE STUDIES

Please provide as complete as possible a list with clearly marked where you studied Countertechnique: year, teacher, amount and type of activities (classes / workshops / curriculum / intensives). *

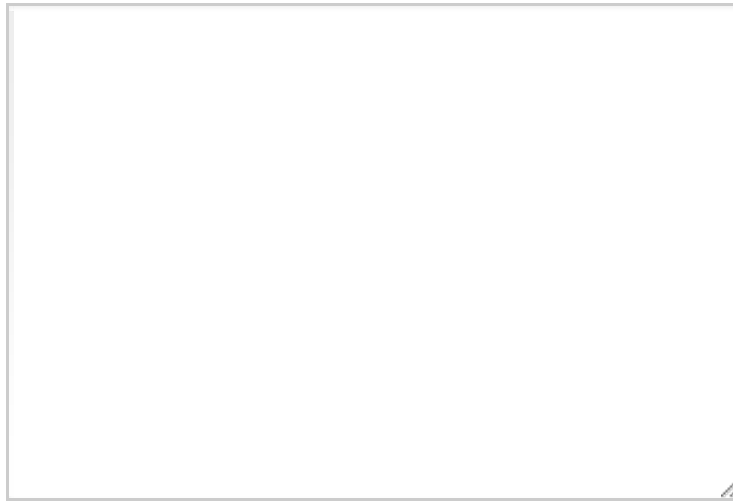
Did you attend an OBOC, and if yes what year(s) and locations? *

Did you apply for the CTTT before, and if yes what year(s)? *

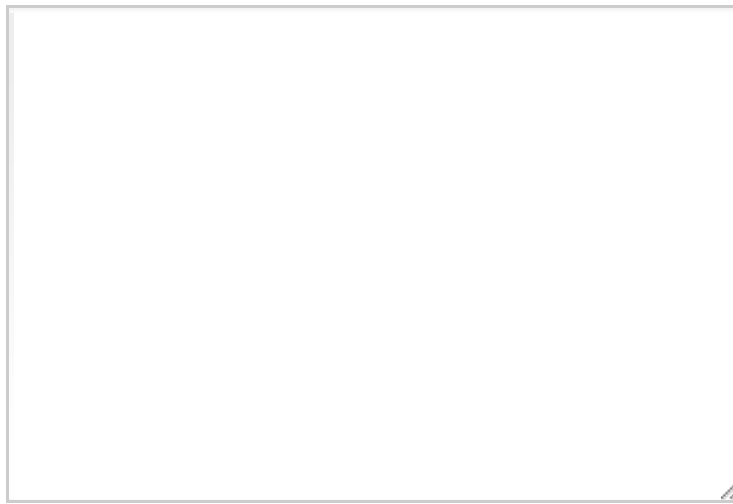
Did you study Alexander Technique? If yes, describe the setting (teacher, individual/class, private/school) and for how long. *

Briefly write about your personal experience with Countertechnique as a dancer. *

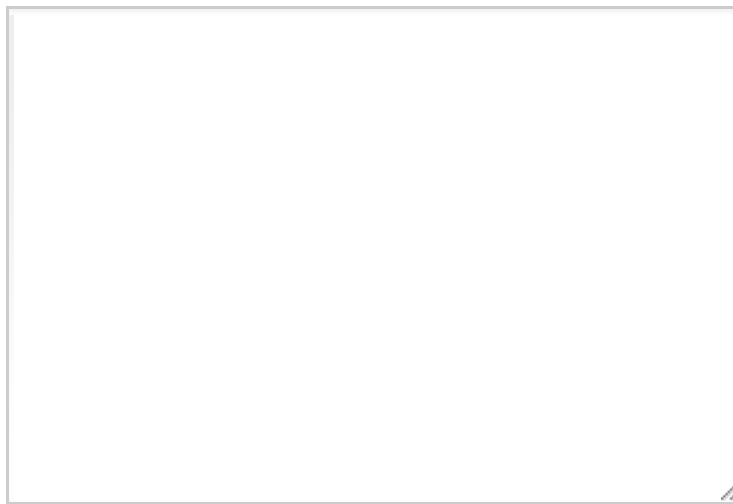
Briefly write in your own words what Countertechnique is, and how you apply it to your dancing. *



Can you name some tools from the Countertechnique toolbox that have helped your own dancing? *



Can you name some tools from the Countertechnique toolbox that you have used helping another dancer or dance student? *



Do you intend to apply for the OBOC 2025? *

- ☐ Yes, OBOC Los Angeles (20 June – 1 July)
- ☐ Yes, OBOC Amsterdam (26 July – 5 August)
- ☐ Yes, both OBOC NYC and OBOC Amsterdam
- ☐ No, I will not

DOCUMENTATION

Please upload your CV. Make sure to include full education and professional experience. Please have your name in the title of document. *

Upload a File

Please use PDF, or alternatively Word – no other file formats.

Please upload one (1) headshot. Please include your full name in the document name. *

Upload a File

Please use file types: jpg, jpeg, png – no other file formats.

Please upload two (2) dance photos. Please include your full name in the document names. (You can either upload the two photos in one document, or select two different photos.) *

Upload a File

Please use file types: jpg, jpeg, png – no other file formats.

INSTRUCTIONS VIDEO ASSIGNMENTS

Before starting the three video assignments, please read ALL of the following carefully:

1. Recording Space: Choose a spacious area where you can move freely, ideally a dance studio. Ensure

you are clearly visible, well-lit, and close enough to the camera for clear viewing and sound. Adjust the camera or your position as needed.

Important: Do not include background music.

2. Capture All Exercises: Carefully follow the assignments and ensure all exercises are included in the video.

3. Recording & Submission: Record and combine the three assignments into one video.

(If you cannot combine the clips, you may submit them separately using the additional fields provided.)

4. Title Sections: Clearly title each section of the video to indicate which assignment you are presenting next.

5. Sound: Check the audio quality before submitting. It is crucial that we can hear you clearly, so ensure the volume is sufficient.

6. Upload the final clip to Vimeo or YouTube for online viewing.

Assignment #1: Countertechnique in Your Own Dancing

Film yourself—without music—performing the following four exercises from a Countertechnique class:

1. Slow Shifts

This is the exercise where you transition from parallel to leg rotation while shifting between bent and extended legs.

2. Head Rolls (in parallel, first, and second position)

This is the exercise that begins with a full head circle, stretches your hamstrings and increases bending sideways.

3. UBHAS (in parallel and first position)

This is the exercise that starts with swinging the arms, head and upper body, and make sure you

include a snake head, to warm up the upper back and head in a swinging motion.

4. Pre-Falling (across the floor, both right and left)

Perform the simple falling exercise from side to side, stepping on and falling off a straight leg (left, right) and then on a bent-to-straight leg to fall (left, right)

Please note:

Film yourself working **as a dancer** and speak aloud the tools you are applying (or re-applying).

Share Your Process: We are interested in how you apply Countertechnique to your own dancing. You are **not required** to demonstrate how you would teach the exercises, but share your process with us.

The goal of this assignment is to give us insight into **your active process** as you apply Countertechnique to your movement. Speak clearly and keep your sentences **concise**. Move fully, with tools.

Assignment #2 Countertechnique in your own dancing

Create a Big Move Combo (the longer movement combination typically performed at the end of a Countertechnique class) that you feel belongs in a Countertechnique class. Film yourself dancing the combo on both sides (right and left).

1. **First Round:** Dance the combo fully, without speaking out loud.

2. After the first round, **without first watching the recording**, share your observations about your own dancing. Reflect on what you just experienced, and notice and identify which tools you'd like to apply for the second round.

3. **Second Round:** Dance the combo again, this time applying the tools you selected.
(You don't need to speak while dancing)

4. **Final Observations:** After dancing the second

round, **again** without watching the recording, share your thoughts on how it went and how the tools affected your movement.

Assignment #3 Your own teaching practice

Film yourself teaching a class to give us insight into your movement vocabulary, your instructions, and your engagement with participants.

If you don't have a teaching practice yet, please send us a clip filmed in a studio setting that showcases either a solo improvisation, choreography, or movement material you would like to teach in the future.

We look forward to receiving your material!

Copy the video link here: *

If you're not able to combine the three clips into one video, enter the second link here. (Include your name in the file name, and title each video clearly, so that we know which of the three assignments you're showing!)

If you're not able to combine the three clips into one video, enter the third link here. (Include your name in the file name, and title each video clearly, so that we know which of the three assignments you're showing!)

TEACHING EXPERIENCE

Do you already have experience as a teacher? *

☐

If 'no', you will see different questions than when you answer 'yes'.

AFTER CERTIFICATION

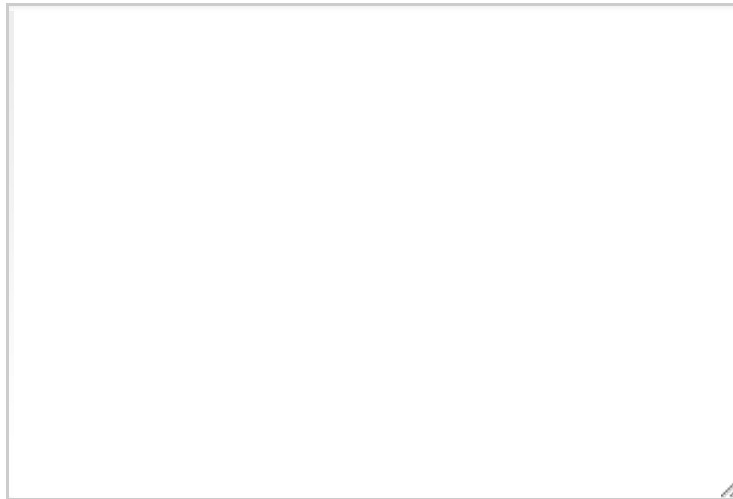
Do you already have connections in the dance community where you could teach Countertechnique? If so, please name them and describe the type of organization/institution. *

What experience level of students/dancers would you be interested in teaching Countertechnique for, and why? *

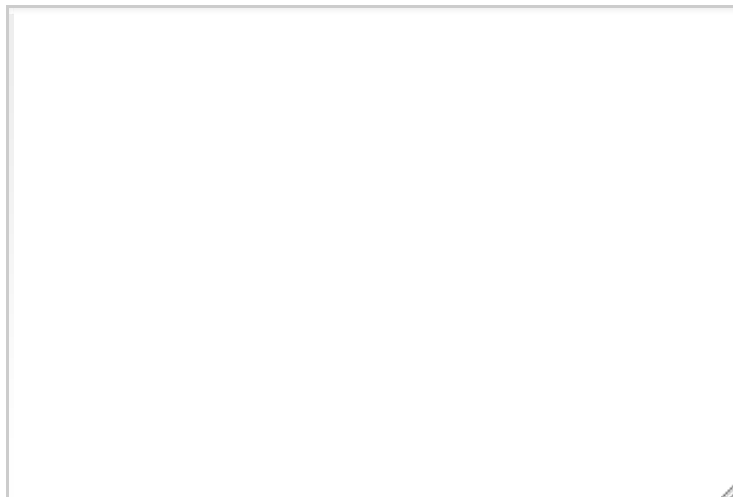
(Professional, Independent, Company, Advanced, Intermediate, Beginners, Non-dancers)

Briefly describe how you think Countertechnique

can be of relevance in the current education in dance, both in the training of students and in the daily dance training of professional dancers? Would you see a role for yourself in this and if so, describe this. *

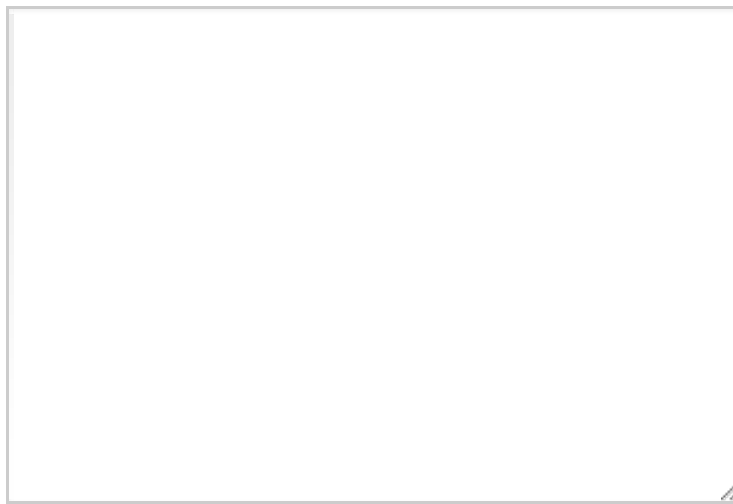


After having completed the CTTT, what would you have wanted to have learned/gained as an experience? *



SCHOLARSHIP REQUEST (optional)

Countertechnique is a non-profit organisation, currently relying entirely on the revenue generated from its programs, so we have unfortunately only a limited number of scholarships available: we are able to reduce the fee of the CTTT for successful applicants that would both significantly contribute to the diversity of our current teacher group and are also able to demonstrate clear financial need. Make a short statement about both criteria and the level of support you would be seeking:



0/300

If we require more information, we will follow up on your request in person. If, however, you want to support your scholarship request with relevant documents, you have the option to do so here. Please note: any documents can not be used to provide a longer statement in addition to the short statement you have submitted above.

Upload a File (optional)

Please use file types: jpg, jpeg, png – no other file formats.

MARKETING

**Where did you find out about the CTTT 2024?
(multiple answers possible) ***

- ☐ Countertechnique Facebook
- ☐ Countertechnique Instagram
- ☐ Countertechnique newsletter
- ☐ Countertechnique website
- ☐ Previous Countertechnique events (OBOC, workshops, etc)
- ☐ University faculty / Company management
- ☐ My Countertechnique teacher(s)
- ☐ Word-of-mouth / friends & colleagues
- ☐ Au-di-tions / Dancing Opportunities / Dance & Education
- ☐

Would you like to subscribe to Countertechnique's mailing list? *

STATEMENT & PAYMENT

Please mention any further information you think is relevant for your application:

(Questions submitted through this field will not be processed.)

I have answered all questions on this registration form fully and truthfully * *

☐ Yes

I have read and agree to the terms and conditions specified on the CTTT 2025 FAQ page (https://www.countertechnique.com/cttt2025/faq_cttt_2025/) *

☐ Yes

My Products

☒ CTTT Registration Fee €50.00

Quantity

Total €50.00

Save

SUBMIT & PAY

 Print Form