

FREDRIK SKOGRUD

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Height: 1.85 cm **Physique:** Athletic **Hair:** Dark blonde **Eyes:** Blue

FILM / TV	<i>Role</i>	<i>Production</i>	<i>Director</i>
Børning 2: On Ice	Tor-Erik	Filmkameratene	Hallvard Bræin
Benjamin Falck: &The Ghost Dagger	Lead (Benjamin)	CreativeLads	Martin Sofiedal
Generation Minus (short)	Lead (Lenn)	Westerdals	Anton Amundsen
Leo (short)	Lead (Leo)	NISS	Linn Marie Christensen
People buy flowers (short)	Lead (Arne)	Magic Box	Morten Haslerud
Costa del Kongsvik (TV)	Halvorsen	Seefood	Lars Kristian Flemmen
Hotel Ceasar (TV)	Erik Barås	TV 2	Gaute Gunnari
Victoria (feature)	Christian Dybwad	Filmkameratene	Torunn Lian
Eyecatch (short)	Supporting (Henrik)	Stronegger Film	Emilie K. Beck
Eyewitness (TV)	Ove	NRK	Jarl Emsell Larsen
Peaceless (feature)	Lead (Ola)	Delve Deeply	Jonas Grimeland
THEATRE / OPERA			
Alcina	Acrobat	Den Norske Opera	Francisco Negrin
AIDA	Samurai	Den Norske Opera	David McVicar
The Flying Dutchman	Acrobat	Den Nye Opera	Francesca Zambello
The Nutcracker	Acrobat, dancer	Oslo Nye	Steen Koerner

Education:

Scene study (Studio X)	6 months	Acting-center
Norwegian institute of acting	2009-2011	NSKI
Ivana Chubbuck Studio	3 months (Los Angeles)	Chris Holder
Method Acting class	6 months	Øyvind Frøyland

Other skills:

[Extreme Martial Arts](#), Martial Arts, Yoga, Skiing, Table tennis, Guitar,

Weapons:

Katana (samurai-sword), Handguns, Full-automatics, Knives

Voice / languages:

Bassbarytone / Norwegian, English, a good ear for learning languages.