

# ALANIS FOROUGH

ACTOR - ACTRA MEMBER

Cell: 647-787-5552 ACTRA #: 04-27636 Email: laikoforoughi@gmail.com

Height: 5'3" Weight: 120lb Hip: 34" Waist: 25"  
Dress size: S Shoes: 7 Hair: Dark Brown Eyes: Brown

## FILM, TELEVISION, COMMERCIAL:

PROJECT	ROLE	COORDINATOR/PROD.
Scotia Bank	Principle	Commercial/Printing
Kids Help Line	Principle	Kids Help Line
Last Chance	Actor	Golden Section Film
Our Future Without Aids (PSA)	Actor	Everyone is an artist Prod. /Kyle Kofsky
Dancing at Sea	Actor	Ryerson University/ Andrea Joynt

## TRAININGS AND SPECIAL SKILLS:

<b>Stunts</b>	Stunt falls, Reactions, Fight Scenes and Choreography, Wire
<b>Martial Arts</b>	Taekwondo - 5th degree black belt (Current member of the Canadian National Taekwondo Team), Boxing
<b>Weapons</b>	Bo Staff, Nun chucks, Sword, Shinai, Knives, Kali, Kama
<b>Sports</b>	Swimming, Soccer, Gymnastics, Biking, Rollerblading, Skiing, Parkour, Fencing
<b>Dance</b>	Ballet (RAD Intermediate), Jazz, Contemporary, Acrobatics, Lyrical, Hip Hop and Musical Theatre
<b>Acting</b>	Method Acting with Judah Katz, Armstrong Acting Studios with Michelle and Sharon, Fundamental Acting Training with Larrisa Mair, Lewis Baumander and Shawn Lawrence
<b>Languages</b>	English, French, Japanese