

Arjen Singh Teensa

United Kingdom

07549877730

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Eyes: Hazel Brown

Representation: Currently seeking

Height: 6'1ft

Playing Age [18-30]

 **Acting Experience****Still Waters** – *Lead (Kai)*

Short Film (2024), Independent

- Portrayed a grieving son confronting family trauma; praised for emotional authenticity and presence.

Red Line – *Supporting (Rafe)*

Student Thriller Film (2023), University of Nottingham

- Played an impulsive teen caught in a moral dilemma, showcased physicality and reactive intensity.

Flatmates Anonymous – *Lead (Josh)*

Comedy Web Series (2023),

- Delivered sharp comedic timing and improvisation as an offbeat flatmate in a quirky ensemble.

Fractured Silence – *Supporting (Jay)*

Theatre Monologue Series (2022), Local Fringe Festival

- Performed a solo piece exploring guilt and redemption; praised for vulnerability and pacing.

Echo Street – *Ensemble*

Short Thriller Film (2022), Independent

- Collaborative character-driven scenes; highlighted adaptability in unscripted settings.
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 **Training & Workshops**

- Acting for Camera Workshop – Nottingham Actors Hub (2024)
 - Scene Study & Cold Reading – Self-directed, with coaching from online platforms
 - Method & Character Building – Stanislavski-based personal study
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 **Skills**

- Accents: British, RP, Cockney, Northern, General American
- Improvisation, Stage Combat (basic), Physical Theatre
- Sports: Football, Swimming, Martial Arts (Black belt), Gym, Gymnastics