



Michael T. Garrido

michaeltgarrido@gmail.com
(646) 912-4207

Gender: Male
Weight: 160 lbs
Height: 5 ft 11 in.
Hair: Brown
Eyes: Green

FILM/TELEVISION EXPERIENCE

Law and Order: SVU	Restaurant Patron	NBC Universal
New Amsterdam	Physician	NBC Universal
Bluebloods	Clerk	CBS
Search Party	Audience Participant	Search Party, LLC.

PRINT WORK/PUBLICATIONS

WalkShaping	Anatomical Model (Centerfold)	Gary Yanker, Dir.
American Physical Therapy Association	Model	Yaffa Lieberman, Dir.

PROFESSIONAL TRAINING

Actor's Training Institute, Red Bank, NJ	1992-1997	John Eyd, Artistic Dir.
• Curriculum Highlights:	Stanislavski Acting	Meisner Technique
	Method Acting	Improvisation
	Radio/TV Voice-Over	Scene Studies
Off-Center Troupe, Middletown, NJ	1997	Scott Goldberg
	Improvisation	
Private Training, New York City	1993	Moya Phillips
	Voiceworks: Speech & Voice	

OTHER TRAINING/CREDENTIALS

BS Nutrition & Food Science/Dietetics, Montclair State University	2015
AS Rehabilitation / Athletic Training, Ocean County Community College	1996
Certified Personal Trainer, Certified Home Health Aide	
Experienced Nutritionist	
Lecturer (conduct in-services on Body Mechanics, Safety & Nutrition)	
Certified Kickboxing Instructor	
Wellness Educator/Lecturer (Conduct in- services on Body Mechanics, Safety & Nutrition)	
Hospitality, Food and Beverage, Culinary Arts	

SPECIAL SKILLS

Thorough understanding of medical terms, sword fighting, throws, United States Passport, Conversant in Spanish, martial arts, running, swimming, tennis, volleyball, hand-to-hand combat, joint locks, punch and kick combinations, free fighting and sparring, wrist locks, reality-based street fighting, public speaking, kickboxing

PERSONAL INVENTORY TO SUPPORT SPECIAL SKILLS

NYPD Uniform, black & white gees, green & white scrubs, MD jacket, stethoscope, blood pressure gauge, nunchucks (single and double), escrima sticks, sword, Security Officer uniform, tuxedo, upscale business suits, chef attire, martial arts padding equipment