

Jess Howse – Stunt Performer

Age: 29 years
Primary Location: Auckland; Waikato (happy to travel)
Mobile: 027 728 7298
Email: jess.howse123@gmail.com
Height: 169cm
Weight: 62kg
IMDB: <https://www.imdb.com/name/nm12313261/>
Reel: <https://youtu.be/xA9-5wPnQFI>



Experience

- **TV – Power Rangers Dino Fury** – Stunt Double – Hunter Deno (Amelia) (2022)
- **TV – Mighty Morphin Power Rangers** – Stunt Double – Catherine Sutherland (Kat) (2022)
- **TV – One of Us Is Lying** – Stunt Double – Annalisa Cochrane (Addy) (2022)
- **TV – One of Us Is Lying** – Driving Double – Jess McLeod (Janæ); Emma Purro (Giselle) (2022)
- **TV – Brokenwood** – Driving Double – Ingrid Park (Jools) (2022)
- **TV – Rurangi** – Stunt Double – Renee Sheridan (Agnes) (2022)
- **TV – Brokenwood** – Stunt Actor – Drunk Girl (2021)
- **TV – Amazon’s Rings of Power** – Stunt Actor (Multiple Characters) (2021)
- **FF – DMMG** – Stunt Actor – Reunion Attendee (2021)
- **TV – Power Rangers Dino Fury** – Kira Josephson (Jane) Stunt Double (2020-2021)
- **TV – Power Rangers Dino Fury** – Stunt Actor – Rafkon Knight (2021)
- **TV – Power Rangers Dino Fury** – Stunt Actor – Buzzblast Employee (2021)
- **TV – My Life Is Murder** – Anna Hutchison (Lillian) Stunt Double (2021)
- **TV – Brokenwood Mysteries** – Fern Sutherland (Kristin) Stunt Driving Double (2020)
- **TV – Vegas** – Stunt Actor – Female Cage Fighter (2020)
- **TV – Sweet Tooth** – Stunt Actor – Animal Army (Peacock); Therapy Patient (2020)
- **LS – NZ Opera’s Semele** – Emma Pearson (Semele) Stunt Double (2020)
- **MV – Thomas Brother "Sorry"** – Stunt Utility; Horse Wrangling (2019)
- **TV – Filthy Rich** – Becky McEwan (Grace) Stunt Double (2016)

Skills and Training

■ Aerials & Harness Wirework

Extensive training on double trapeze (static); silks (solo and double); lyra (suspended hoop; solo and double); basic double acrobatics (ground-based) – The Dust Palace (2016 – 2021). I have my Working at

Heights Advanced cert., and have completed the first phase of the NZ Cert. in Industrial Rope Access L3 (to be completed in mid-2022). Set experience includes single and multi-part wire gags; being harnessed at height. I have my own jerk, kong, and climbing harnesses, 7m freestanding aerial rig, aerial hoop and silks.

■ **Water**

PADI Open Water Diver – have completed general and specific (e.g., wrecks, sharks) dives at multiple open water sites. General water skills – e.g., swimming, basic freediving, 3min static breath hold, treading water for 30mins, ability to navigate obstacle courses underwater, basic high diving, jumping off 10m diving board. Kayaking – flatwater and ocean. Set experience repeating breath holds in 12° water as a drowned body. I have my own wetsuit, full set of scuba gear (including tank), and freediving weights.

■ **Fighting**

Black belt in freestyle kickboxing; various regional, national and world titles in semi-contact kickboxing; kickboxing class and private teaching experience (2010 – 2016); Brazilian Jiu Jitsu at Core MMA (2021-current); skills training and fight fitness (current). Set experience includes cage fighting, 'drunk' fighting, other hand-to-hand combat, sword work.

■ **Horse Riding**

Intermediate horse rider with own horse; comfort with basic saddlery and tack; stunt riding training includes formation riding, horse falls, vaulting onto and over horses, rearing, fighting horseback to ground and ground to horseback, horse drags. Set experience around horses fighting riders from the ground and horse wrangling.

■ **Screen acting**

Anthony Meindl's Actor's Workshop - group classes and intensive (2022-current); Chekhov Technique with Elena Stejko - group and private classes (2021-2022); Jon Hunter - Accents for Actors Course (2021); The Auckland Performing Arts Centre - group classes (2018)

■ **Additional skills**

- Air Ram – 300psi
- High falls – Header, Back Fall, Sit Fall, Face-off; all at 25ft with video evidence
- Bouldering and rock climbing
- Basic gymnastics, parkour and freerunning
- Internationally Qualified Yoga Teacher (200-hour teacher training)
- Regular Yoga, Pilates, and Gym training
- Full driver's license
- Comprehensive First Aid

Measurements

Height:	169cm
Weight:	62kg
Clothing:	8-10
Bra:	10DD/12D

Shoe:	8-9
Waist:	69cm
Bust:	84cm
Lower hip:	96cm