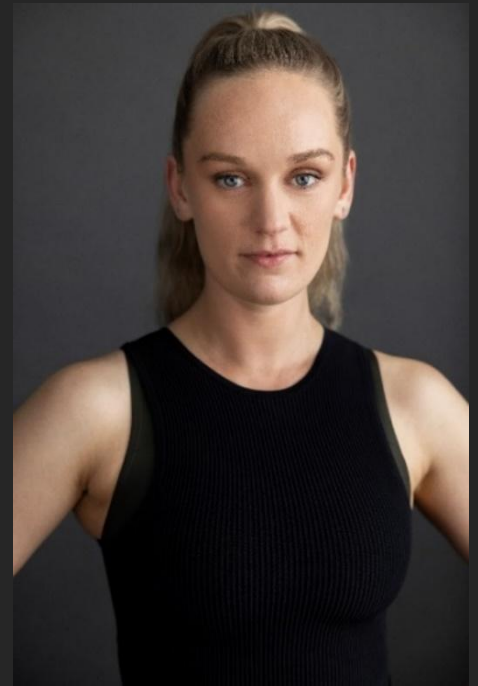


Jess Howse – Stunt Performer

Age: 32 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>



Recent Experience

- **TV – My Life is Murder** – Stunt Double – Esther Stephens (Sloane) (2025)
- **TVC – SAP** – Stunt Hacker (2025)
- **FF – Vicious** – Stunt Double (Previz & Mocap) – Dakota Fanning (2024)
- **FF – Heart Eyes** – Stunt Double – Lauren O'Hara (2024)
- **TVC – Need More Space (National Mini Storage)** – Stunt Actor (Spacewoman) (2024)
- **TVC – Lovely Day for a Guinness** – Stunt Actor (Hiker) (2024)
- **FF – Grafted** – Stunt Double – Eden Hart (Eve) (2023)
- **TV – Sweet Tooth** – Stunt Actor (Outposter), Stunt Double – Elena Stejko (2023)
- **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 (Janae); 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, Fighting & Water) (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), 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)

Skills and Training

■ 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 cert., static and dynamic breath holds, 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^o water as a drowned body. I have my own wetsuit, full set of scuba gear (including tank), and freediving weights.

■ Aerials & Harness Wirework

Extensive double trapeze training (static); silks (solo and duo); lyra (suspended hoop; solo and duo); basic duo acrobatics (ground-based) – The Dust Palace (2016 – 2021). CoC and NZ Cert. in Industrial Rope Access L3 (IRAANZ), Working at Heights Advanced cert. 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.

■ 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: 8-8.5
Waist: 69cm
Bust: 88cm
Lower hip: 96cm