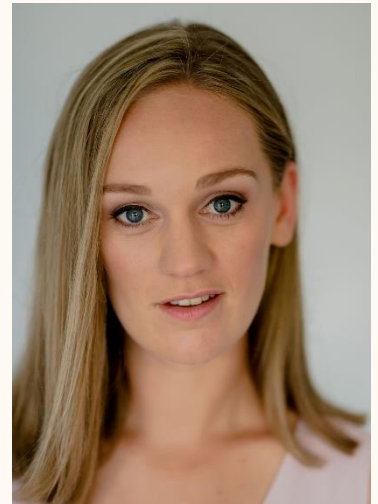


Jess Howse – Stunt Performer

Age: 28 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/>
Show Reel: <https://youtu.be/RgPV0ZKkERs>



Experience

- **TV – One of Us Is Lying** – Annalisa Cochrane (Addy) Stunt Double (2022)
- **TV – One of Us Is Lying** – Emma Purro (Giselle) Driving Double (2022)
- **TV – One of Us Is Lying** – Stunt Performer (Student) (2022)
- **TV – Rurangi** – Renee Sheridan (Agnes) Stunt Double (2022)
- **TV – Brokenwood** – Stunt Performer – Drunk Girl Fighting (2021)
- **TV – Amazon's Rings of Power** – Stunt Performer (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 Performer – Rafkon Knight (2021)
- **TV – Power Rangers Dino Fury** – Stunt Performer – 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 Performer – Female Cage Fighter (2020)
- **TV – Sweet Tooth** – Stunt Performer – Animal Amy (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

Training and live performance on double trapeze (static); silks (solo and double); aerial hoop (solo and double) – Dust Palace (2016 – 2021). Working at Heights Advanced certification and have completed the first phase of the NZ Certificate 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

Scuba – PADI Open Water Diver; general and specific (e.g., wreck, shark) dives at multiple open water sites. Freediving – Waikato Freediving Club member, SSI Basic Freediver Cert, 3.47min max static breath hold. General – swimming, navigating obstacles underwater, treading water for 30mins. Kayaking – flatwater and ocean. Set experience repeating breath holds in 12o water. I have my own wetsuits, full set of scuba gear (including tank), and freediving gear.

■ 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 (2021-2022); skills training and fight fitness (current). Set experience includes cage fighting, 'drunk' fighting, other hand-to-hand combat, sword work.

■ Horse Riding

Intermediate 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 vica versa, horse drags. Set experience around horses fighting riders from the ground and horse wrangling.

■ Screen acting

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

■ Additional skills

- Fighting for Camera
- Air Ram – 300psi
- High falls – Header, Back Fall, Sit Fall, Face-off; all at 25ft with video evidence
- Basic gymnastics, parkour and freerunning
- Bouldering and rock climbing
- Regular Yoga, Pilates, and Gym training

■ Certifications

- PADI Open Water Diver
- SSI Basic Freediver
- Internationally Qualified Yoga Teacher (200-hour teacher training)
- Black Belt - Kickboxing
- Working at Heights Advanced - NZQA Unit Standards 15757, 17600, 23229, 25045
- Comprehensive First Aid
- Full driver's license

Measurements

Height	169cm
Weight	62kg
Clothing	8
Bra	10DD/12D
Shoe	8
Waist	68cm
Bust	84cm
Lower hip	96cm