



LANA MICHELLE KATZ

Gender: Female **E-mail:** lanalynx85@gmail.com
Height: 158cm / 5'2" **Mobile:** 079 894 2790
Waist: 63cm / 25inch
Hips: 87cm / 34.2inch
Chest: 83cm / 32.7inch
Weight: 53kg / 117pounds
Hair: Dark Brown
Shoe: 3/4 (UK) 6/5 (USA)
Physique: Athletic
Unique Traits: Various tattoos and piercings

PHOTOS



SKILLS

Aquatic: Competitive swimmer (*10 years*), Qualified Life Saver (*1 year*), PADI Open Water including Oxygen Enriched Air & Buoyancy specialties (*July 2016*)

Martial Arts: Competitive Mixed Martial Arts including Muay Thai (Blue Belt), Boxing, Jujitsu (Currently training for Blue Belt) and Kickboxing (*7 years*). Competed in various full contact fight nights namely Panther Fight Nights, Battle at the Point and Cape Fight League.

Sport Kickboxing: Represented RSA at the ISKA World Kickboxing Championships in Orlando, Florida and received Bronze in my weight category (*2010*).

Firearms: Milspec Level Basic - Firearms Handling for Theatrical / Films / TV Production (*3 September 2014*), NRA Basic Pistol Shooting Course (*May 2016*), NRA Basic Rifle Shooting Course (*July 2016*).

Paragliding: SAHPA PG Basic License (*October 2014*). Winner of "Gatskop" (female division) Paragliding Competition (*April 2015*)

Precision Driving: Level 1 - Rick Seaman's Motion Picture Driving Clinic (*May 2016*), Attended Track Day Course with Hard Drive (*July 2017*)

Full Body Burn: Attended Full Body Burn Workshop with Grant Powell and Vernon Wilemse (*January 2016*)

Other: Winner of both Miss Bikini & Fitness Model divisions at SA Natural Championships (*September 2017*)

Athletic Skills: Surfing, Yoga, Acro-Yoga, Crossfit

PHOTOS



INDUSTRY EXPERIENCE

DATE	PRODUCTION	ROLE	ACTION PERFORMED	STUNT CO-ORDINATOR
1, 16, 17, 18, 21, 22, 24, 29 & 31 August 2017	Troy	Trojan Civilian Amazonian Warrior	Sword Fighting Dragged by hair Thrown into table Take flaming arrow hit	Frans Spilhaus
13 July 2017	Our Girl Season 3	“Georgie” Stunt Double	Running through forest with weapon	Antony Stone / Mick Milligan
19 June – 28 June 2017	Troy	Amazonian Warrior	Sword Fighting Wrestling	Frans Spilhaus
12 – 14 June 2017	Outlander Season 3	“Geillis Duncan” Stunt Double	Thrown across Cave set	Kerry Gregg
23 – 25 May 2017	Maze Runner 3	Refugee	Running away/reacting/flat backs to bomb pots.	Glen Suter / Dermot Brogan
14 March – 19 May 2017	Boogie Mountain	Stunt Utility, Park goer & “Boogie “ Stunt double	Testing park rides, park goer, passenger in car hit sequence	Charlie Grisham / Mick Milligan
12 May 2017 24, 25 & 28 April 2017	Maze Runner 3	Stunt Utility	Assisting Stunt Coordinators	Glen Suter / Dermot Brogan
17 & 18 April 2017	Maze Runner 3	School Bus Student	School bus passenger during car chase sequence	Glen Suter / Dermot Brogan
11 & 22 March 2017	Searches	Stunt Utility	Assisting Stunt Coordinator	Darrel Mclean
15 December 2016	Origins “LBK Massacre”	Beaten Woman	Dragged by hair and beaten by raider	Frans Spilhaus / Craig MacRae
1 December 2016	Hear No Evil S01 E01 & 02	Adam Lennox Stunt Double	Stair Fall	Leeanne Liebenberg / John Smith
28 – 30 November 2016	Blood Drive S01 E11	Battle Dome Fighter	Fight Sequence	Kerry Gregg
23 November 2016	The Last Post	Stunt Nurse	Nurse running alongside gurney trips and falls	Darrel Mclean
17 November 2016	Origins “Gun Powder”	Male Mongolian Soldier	Light SFX rockets	Frans Spilhaus

PHOTOS



INDUSTRY EXPERIENCE

DATE	PRODUCTION	ROLE	ACTION PERFORMED	STUNT CO-ORDINATOR
18 October 2016	Schwartzkopf Gliss Commercial	Weightlifter	Deadlifts	The Model Company
20 October 2016	Blood Drive S01 E09	Hideous Troll Townswoman	Slapped through face by Slink and attack preach	Kerry Gregg
17 September 2016	Sanlam Commercial	Rioter	Hit with Water Cannon	Mo Marais
28 & 29 September 2016	The Empty Man	SUFI Dancer	Jump up onto roof of car and roll off as it reverses	Antony Stone / Mick Milligan
16 August 2016	Blood Drive S01 E05	Blue Goo Woman	Break through door and attack actors	Kerry Greg / Paul Hampshire
10 August 2016	Blood Drive S01 E02	Motel Maid	Fight Sequence	Kerry Gregg
16 – 18 & 28 – 30 April 2016	The Dark Tower	Female Manne Villager	Manne village being invaded by Trackers. Fleeing from Trackers	Grant Hulley
16 & 17 March 2016	Hooten & The Lady S01 E06	Sporty Spice	Karaoke Wedding Crashing sequence	Antony Stone / Mick Milligan
25 – 29 May 2015	Dominion S02 E09	Parking lot 8-Ball	Fight sequence	Kerry Gregg
23 & 24 April 2015	Dominion S02 E05	ST 8-Ball #12	Ratchet into cement pillar	Kerry Gregg
1 March 2015	You, Me and the Apocalypse S01 E03 & 04	Jenna Fisher Stunt Double	Get knocked over by guard dog (Great Dane)	Cordell McQueen / Paul Pieterse
27 February 2015	Dominion S02 E02	New Delphi Forest 8-Ball	Fight Sequence	Kerry Gregg