



LANA MICHELLE KATZ

Gender: Female
Height: 159cm / 5'2"
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

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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 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 2016*)

Full Body Burn: Full Body Burn Workshop with Grant Powell & Vernon Wilemse (*January 2016*), Took part in Guinness World Book of Records "Most people simultaneously burning" attempt (*January 2018*)

Other: Winner - Miss Bikini & Fitness Model divisions at SA Natural Championships (*September 2017*), Winner - Miss Figure Division at Fitness America Weekend in Las Vegas (*November 2017*)

Athletic Skills: Surfing, Yoga, Crossfit, In-door Climbing

PHOTOS



INDUSTRY EXPERIENCE

DATE	PRODUCTION	ROLE	ACTION PERFORMED	STUNT CO-ORDINATOR
10 & 11 November 2018	Noughts & Crosses	Rioter	Flatback from kick to stomach	Darrell Mclean
1 – 6 October 18 22 October – 1 November 2018	Monster Hunter	JSO Soldier Medic JSO Soldier	Ratchet into roof of V22 plan Rifle handling	Kerry Gregg
11 – 23 October 2018	Blood Shot	Stunt Performer	Pedestrian	Grant Hulley
09 July – 22 July 2018	Dead in the Water	“Dana” Double “Gwen” Double “Sparks” Double	10-12m High Fall off side of boat while on fire Fight sequences Free running through boat hallways and cabins Unconscious body floating in water	Mick Milligan
1 & 2 July 2018 24 April 2018 21 March 2018	Origins	“Venisha” Double - Nina Wadia Female Fighter Stunt Utility	Fight sequence Fight sequence with female stunt performer in Jazz Club Water Safety for Actor	Kerry Gregg
10 – 12 & 27 – 27 April 2018	Skulls & Roses	Test Body Burns Burn Prep	2x Full Body Burn Test Burn Preparation for contestants on the day	Francois Grobbelaar
26 March 2018	Leprechaun Returns	“Lila” Stunt Double Taylor Spreitler	On Standby for fight sequence	Antony Stone
21 February & 6 - 7 March 2018	Good Omens	“War” Stunt Double Mireille Enos	Truck Driver	Mick Milligan
27 October 2017	ICE S02 (E02)	Female Cyclist	Car hit while riding a bicycle	Darrell Mclean
19 June - 31 August 2017	Troy	Amazonian Warrior Trojan Civilian	Sword Fighting, Wrestling Dragged by hair, Thrown into table Take flaming arrow hit	Franz Spilhaus
13 July 2017	Our Girl S03	“Georgie” Stunt Double	Running through forest with weapon	Antony Stone / Mick Milligan
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

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DATE	PRODUCTION	ROLE	ACTION PERFORMED	STUNT CO-ORDINATOR
12 -18 May & 24 - 28 April 2017	Maze Runner 3	School Bus Student Stunt Utility	School bus passenger during car chase sequence Assisting Stunt Coordinators	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	Franz 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
17 November 2016	Origins "Gun Powder"	Male Mongolian Soldier	Light SFX rockets	Franz Spilhaus
23 November 2016	The Last Post	Stunt Nurse	Nurse running alongside gurney trips and falls	Darrell Mclean
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 – 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
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 & 23	Dominion	8-Ball	Fight Sequence	Kerry Gregg