

# Kate Lass

Certified Teacher, ILFDC  
Advanced Actor Combatant, SAFD  
Associate Member, SDC

## Selected Fight Choreography Credits

Sesame Street Fighter	Puppets: Unarmed, Knife	Factory Theatre, dir. Brittany Ellis
Someone You Know	Knife	Moxie Productions, dir. Frankie Leo Bennett
Golden Girls Meet Scooby Don't... when she went to mantua	Unarmed / Slapstick Knife	Hell in a Handbag Productions, dir. Frankie Leo Bennett Black Cat Theatre, dir. Jared Sheldon
American Psycho: The Musical	Knife / Axe	Kokandy Productions, dir. Derek van Barham
Grand Family Foods	Knife	2nd Act Players, dir. John Frank
The Creators	Unarmed	Three Brothers Theatre, dir. Jared Sheldon
A Midsummer Night's Dream	Unarmed / Single Sword	Big Noise Theatre, dir. Jared Sheldon
Child's Play	Unarmed / Bound Fighting	Babes with Blades Theatre Co., dir. Hayley Rice
Killed a Man (Joking)	Knife	First Floor Theatre / The Sound, dir. Rebecca Willingham
Romeo and Juliet	Unarmed / Rapier & Dagger	Teatro Vista, dir. Sebastian Arboleda, Nate Santana
American Jornalero	Unarmed	Teatro Vista, dir. Nate Santana
The Wayward Women	Single Sword	We Three Plays, dir. Jared McDaris
A Steampunk Christmas Carol	Found Weapons	E.D.G.E. Theatre Company, dir. Jared McDaris
Angels in America: Perestroika	Unarmed	ACT 1 Theatre, dir. Lane Wright
Anon(ymous)	Unarmed / Single Sword	The Cuckoo's Theater Project, dir. Rocco Renda
Peter/Wendy	Single Sword / Found Weapons	The Cuckoo's Theater Project, dir. Sara Carranza

## Stage Combat Teaching Experience

Strike & Reason	Unarmed, Knife, Rapier & Dagger, Smallsword, Broadsword, Staff, Sword & Shield, and Single Sword	Chicago, IL	2018-present
BroadwayCon	Unarmed	New York, NY	2024
The Actors Gymnasium	Knife, Unarmed	Evanston, IL	2024
Stage Combat Workshop @ LA Tech	Single Sword	Ruston, LA	2024
The Fredricksen Intensive	Knife	Ann Arbor, MI	2023
Three Brothers Theatre	Unarmed / Slapstick	Waukegan, IL	2023
Highland Park High School	Unarmed	Highland Park, IL	2023
Open Gate Movement Arts	Broadsword, Unarmed, Rapier & Dagger	Chicago, IL	2022-2023
Roosevelt University	Unarmed	Chicago, IL	2023
The Texas Intensive	Unarmed, Single Sword	Houston, TX	2022
Cease and Desist Workshop	Unarmed, Rapier & Dagger	Cincinnati, OH	2018-2019
Nashville Children's Theatre	Single Sword, Quarterstaff	Nashville, TN	2019
Chicago Waldorf School	Unarmed, Single Sword	Chicago, IL	2017

## Certifications

Society of American Fight Directors

- Recommended Passes in Single Sword, Rapier & Dagger (renewed 2024) Broadsword, Knife (renewed 2023), Unarmed, Smallsword, Sword & Shield, and Quarterstaff (renewed 2022)
- Theatrical Firearms Safety Course (renewed 2022)

British Academy of Stage and Screen Combat

- Passes in Rapier & Cloak (2018), Unarmed, Rapier & Dagger, and Broadsword (2012)

## Education & Workshop Experience

The Actors Gymnasium - Evanston, IL - 2018-present (teaching assistant)

The Mentoring Advanced Combatants Intensive - Bloomington, IN - 2023

The Fredricksen Intensive - Ann Arbor, MI - 2023 (teaching assistant)

The Tourist Trap - Orlando, FL - 2023 (intern)

Summer Sling - New York City, NY - 2022 (assistant staff)

The Stage Combat Workshop @ LA Tech - Ruston, LA - 2022 (teaching assistant) // 2023 (participant)

The National Stage Combat Workshop - Ruston, LA - 2019, 2021 (intern)

Winter Wonderland Workshop - Chicago, IL - 2019, 2022, 2023 (teaching assistant) // 2017, 2018 (intern) // 2015, 2016, 2020 (participant)

Social Distance Showdown - Virtual - 2020

Trapped Inside Workshop - Virtual - 2020

MACE - Chicago, IL - 2019 (teaching assistant)

Brawl of America - Minneapolis, MN - 2017 (intern)

Empire Workshop - London - 2013

Columbia College Chicago: Graduated 2014 - Acting Major, Stage Combat Minor

## Related Training

Association of Mental Health Coordinators, 2023-24

- Core Curriculum
- Foundations of Mental Health Coordination
- Artistic Mental Health Practitioner Course Level 1

Theatrical Intimacy Education, 2022-24

- Intimacy Coordination for Film/TV
- Intimacy Choreography for Live Performance
- Actors & Intimacy
- Consent for the Acting Classroom
- Best Practices

Intimacy Professionals Education Collective, 2023

- Robust Closure Practices

Intimacy Directors International, 2017-18

- Intimacy in Performance Intensive
- Intimacy for the Stage Workshop

Other

- Aerial Arts at The Actors Gymnasium (2024)
- Unarmed Masterclasses with Chuck Coyl (2022) and Leraldo Anzaldúa (2018)
- Society of American Fight Directors Professional Series (2020-2022)
- History and Theory for the Stage Combat Instructor with D Granke, Nigel Poulton, and Samantha Egle (2020)
- Blood Effects Workshop with Greg Poljacik (2015)
- Feldenkrais Classes with Suzanne Thompson (2011-2014)