

# Adeline I. Millman

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Height: 5'3

Weight: 135

Waist: 28"

Hair color: Brown

Eye color: Brown

Inseam: 28"

Shirt size: S/M

Pant size: 4-8

Shoe size: 7



## TRAINING

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### INTERNATIONAL STUNT SCHOOL

Stunt training intensive including western fighting and martial arts for film, knife and club fighting, high falls, wire work, air ram, mini tramp, precision driving, fire burning

### MARTIAL ARTS

2 years of training technique and sparring in Brazilian Jui Jitsu

Yellow belt in Taekwondo

### DANCE

20+ years of classical ballet, including performing with the Boston Ballet Nutcracker from 2008-2012

5+ years of hip hop, jazz, contemporary training, including training at Broadway Dance Center's summer program for two years

### CIRCUS

Performed with Circus Smirkus advanced camp in tumbling/gymnastics, clowning, and juggling

2+ years training in trampoline, silks, lyra, and rope

Member of fire dancing, tumbling, taekwondo performance team for 2 years; leader / choreographer for 2 years

### TACTICAL KNIFE FIGHTING SEMINAR

Basic knife fighting, self defense tactics with Richard Fikpe Sr.

### PILOTING EXPERIENCE

7 years driving manual transmission cars

3 years riding sport motorcycles

20+ hours flying Cessna 152s

### DIVING

2 years of competitive 1m springboard diving,

Additional training on 3m springboard and 1, 3, and 5m platform

### SKIING

5 years of competitive downhill ski racing, including GS and Slalom

5 years of ski coaching from beginners to racers

### FIREARMS PROFICIENCY

Comfortable about handguns, rifles; obtained concealed carry permit (Ohio)

## SKILLS

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### TUMBLING

- Cartwheels/aerial
- Roundoff back handspring
- Headspring
- Handstands

### TRAMPOLINE

- Front tuck/pike/layout/whip
- Back tuck/pike/layout/whip
- Front/back handsprings
- Side flip
- Various drops

### ADDITIONAL SKILLS

- Rollerblading
- Machine shop expertise
- Welding expertise
- Soccer





