

## KRISTEN HERBERT

By Linnda Durre'

Blessed with talent, Kristen Herbert can flow expertly from sketch comedy to Shakespeare to combat martial arts, and then to dance, international accents, and playing the guitar, piano and flute. Genetics as well as environment must be credited for part of this diversity since her father was the founder/conductor of the Pennsy Pops Orchestra, and her mother was a singer/songwriter nominated for a Grammy. Her love for performing is in her DNA!

Kristen came to Florida to do the stunt work for Keffects, a special effects and stunt company in Orlando and she did the stunts for the fight scenes in "Andre the Butcher," which was also called "Dead Meat" and went to video. While in Orlando, she filmed the lead in the TV pilot, "Paranormal," produced by One More Second Productions, and she studied at the SAK Comedy Lab with Dave Russell and worked at Arabian Nights Dinner Theater. She traveled to Sarasota to the Crosley Theater, where she performed an Edgar Allan Poe series and a one woman comedy show, and while there, she played Hero in "Much Ado About Nothing" at Shakespeare on the Bay.

Kristen lived and performed in Florida for two years and then studied at the Improv Olympics in Chicago, the training ground for talents like Tina Fey, Chris Farley, Mike Myers, and Amy Poehler of SNL.

She moved to Los Angeles in 2006, where she co-founded her own sketch comedy group called, "Easily Distracted," with fellow comedienne, Jill Slattery. They just finished a two week run in Los Angeles at the Space Theater and they appeared at the LA Comedy Festival, which only picks 15-20 sketch comedy groups from around the world.

"We write all of our own material – then put together a cohesive show. We have plans to take it to Edinburgh Festival as well as the Sketch Festivals in Seattle Chicago, Toronto, and New York Sketch Fest, as well as take it on a mini-tour," she stated.

Landing both a theatrical and a commercial agent when she landed in LA, Kristen has shot a commercial for Red Robin Restaurants, and joined a theater company called, "Killer Entertainment," which puts on various corporate shows and dinner theater plays similar to Sleuth Theater in Orlando with interactive improv theater.

In January she will be joining an educational theater company with Kaiser Permanente – which goes on tour around LA mounting educational shows for kids. Nice to be paid for doing what you love and getting health benefits for it!

Kristen holds a BFA in acting from West Virginia University, and has extensive training in various styles of theatre and performance, ranging from Shakespeare, Comedia Del'Arte, Anne Bogart, Suzuki, Comedy Improv, and Musical Theatre. A graduate of the

United Stuntman's Association, Kristen is a certified actor combatant in many edged weapons with the Society of American Fight Directors as well.

Right out of college, Kristen was hired to do the martial arts fighting at the Pennsylvania Renaissance Faire in a "Charlie's Angels" kind of show.

When she moved to LA, she enrolled at the Inosanto Academy – Guru Dan Inosanto, 71 years old and "has the energy of a 30 year old," was Bruce Lee's right hand man and #1 student. Bruce Lee created the mixed marital arts JKD – including jujitsu, thai boxing, kali, and kung fu.

Guru Inosanto is only one of three people in the world allowed and certified to teach Bruce's martial arts style. Kristen is adept in tae kwon doe, boxing, jujitsu, JKD, mixed martial arts, precision driving, edged weapons, firearms, bulldogging, horse work, and wire work, and is sought after for her stunt work.

Besides her martial arts skills, Kristen's love of comedy continues to shine and she was featured on the show ABC Family show, "Greek," as well as a guest starring in the seventh episode of the mockumentary pilot and episodic Internet show, "Batman of Suburbia," about a guy who he thinks he is Batman, which is on the website originated by Will Ferrill and writer/director Adam McKay, [www.Funnyordie.com](http://www.Funnyordie.com)

Some of Kristen's recent credits include: a recurring role on "LA Forensics," and the lead in a USC student film, "Eve of The Roses."

Her theater credits include: Fastrada in "Pippin," Rose in "Dancing at Lughnasa," Madame Cecile De Volanges in "Le Liaisons Dangereuses," Cherie in "Bus Stop," Grushenka in "Idiots Karamazov," the Empress in "The Emperor's New Clothes," and Autolykus in "A Winter's Tale." Her stage training enables her to be proficient in various regional and international dialects and she is versed in conversational Italian.

And if this isn't enough, she teaches piano lessons to children after school.

Keep on eye on Kristen Herbert's rising star.

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***Linnda Durre', Ph.D. is An award winning filmmaker, acting coach, script consultant, writer, director, producer, actor, She became the youngest woman at the time to join the Writers Guild (WGAW) when she sold a TV series to Aaron Spelling, and she was a judge twice for "Best Writing" categories for cable TV's Ace Awards before they were absorbed into the Emmys. Her website is [www.LinndaDurre.com](http://www.LinndaDurre.com). She reached by phone (407) 246-4681 and e-mailed at [LinndaDurre@aol.com](mailto:LinndaDurre@aol.com).***