

## Jessica Cox Brief Bio

### **Christian Motivational Speaker, World's First Licensed Armless Pilot, Scuba Diver, Taekwondo Black Belt, and Adventure Seeker**

Jessica Cox is a motivational speaker featured in outlets like Rome Reports, Catholic Sentinel, BBC News, and National Geographic. Her speaking career spans 17 years, 27 countries, and audiences up to 40,000 people. The film about her life premiered at the *Mirabile Dictu* Film Festival at the Vatican, where it won Best Documentary.

Jessica was born without arms and uses her feet the way most people use their hands. Jessica grew up asking with frustration and anger, "Why did God make me this way?" Later, she learned how to see God's blessings in her life and accept herself as a whole person.

Now, Jessica flies airplanes, drives cars, is married, and otherwise lives a normal life. She holds the title of the first person without arms to earn a black belt in [ATA Martial Arts](#). Jessica is most well known for the Guinness World Record for being the first armless person in aviation history to earn a pilot's certificate.

### **Full Biography**

Born in 1983 in Sierra Vista, Arizona, Jessica has learned to live her life with her feet. There were many questions at the time about whether Jessica would be able to live a "normal" life. However, Jessica's father has said he never shed a tear about her birth condition. He had full confidence in her potential. With the support of her parents and family, Jessica became confident in herself as an adult and continued to explore the world with her feet.

At the age of 14, Jessica earned her first black belt in the International Taekwondo Federation. After graduating from high school, Jessica attended the University of Arizona, where she earned a bachelor's degree in psychology. During college, Jessica joined an ATA Martial Arts club and resumed training in the sport of Taekwondo.

Jessica's most famous accomplishment was learning how to fly. It took three states, four airplanes, three flight instructors, and three years to find the right aircraft: a 1946 415C Ercoupe Airplane. In 2008 Jessica earned her Light Sport Pilot Certificate. She received the Guinness World Record for being the first person certified to fly an airplane with only their feet in 2011. Jessica gave Pope Benedict XVI her Guinness World Record medal shortly after receiving it.

In May 2012, Jessica married at St. Andrew Catholic Church in South Pasadena, CA. In the fall of that same year, Jessica became a Goodwill Ambassador for [Humanity and Inclusion](#), a Nobel Peace Prize winning NGO, and advocated for disability rights in Ethiopia, the Philippines, Nepal, and the US Senate.

Flying continues to be a passion for Jessica as she attends many of the largest aviation events in the world. Along the way, she has been recognized for numerous awards including Inspiration International from the Inspiration Awards for Women, UK, and a distinguished speaker award from Egypt's President at the World Youth Forum in 2019.

In 2019, a generous fan donated a 1946 415C Ercoupe with tail number N26R ("two-six-romeo") for Jessica's use. With an 85 horsepower engine, two seats for a pilot and a copilot/passenger, a cruising speed of around 90 miles per hour, and a flying time of a little over three hours, N26R is a fair-weather airplane designed primarily for local daytime flights. Because of the performance limitations, Jessica plans to build [The Impossible Airplane](#), a 200 mph four-seat RV-10 airplane with custom controls for Jessica to use.

## Rightfooted Foundation International

[www.RightfootedFoundation.com](http://www.RightfootedFoundation.com)

Founded in 2017, Rightfooted Foundation International was created by Jessica to further her advocacy for children with limb differences and other disabilities around the world. Rightfooted Foundation is a 501(c)(3) nonprofit in the United States. The first project from the foundation was the YouTube channel Life with Feet which highlights the unique ways Jessica and her friend Tisha Unarmed navigate life without arms. Life with Feet garnered more than one million views on its videos in the first two years of release and continues to act as a resource for amputees around the world.

## Project 2025: The Impossible Airplane

[www.TheImpossibleAirplane.com](http://www.TheImpossibleAirplane.com)

After seeing the impact that is made when Jessica visits youth with her airplane, Jessica decided to go one step further and design the first solely foot controlled airplane in history. The modified RV-10 (currently in development) will allow her to reach more people more quickly and epitomize the message that “Disability does not mean inability.”

## *Disarm Your Limits*

[www.DisarmYourLimits.com](http://www.DisarmYourLimits.com)

Published in 2015, *Disarm Your Limits* is Jessica’s first book. It chronicles Jessica’s story to live without prosthetic arms using her feet as other people use their hands. Using a simple aviation metaphor, she gives insight into how people struggling with courage, determination, and creativity can overcome their challenges. Her “formula for flight” is how Jessica achieved her greatest triumph: unrepentant regard and self-acceptance for herself as a whole person.

## *Right Footed, the Documentary*

[www.rightfootedmovie.com](http://www.rightfootedmovie.com)

Jessica teamed up with Emmy-Award-winning filmmaker Nicholas Spark to begin production of a documentary chronicling Jessica’s life. Throughout a difficult childhood filled with bullying and heartache, Jessica fought for dignity and independence. She now works as a mentor to children with disabilities and their families in the USA and abroad, helping them overcome their situations just as her mentor once helped her. It is a story about the power of inspiration and mentorship and about how everyone ~ those with visible disabilities and those without ~ can find the strength within themselves.

After more than 50 film festivals around the world, *Right Footed* won 14 major awards including Best Documentary at the *Mirabile Dictu* Film Festival at the Vatican. It was also shown on National Geographic in more than 80 countries.

[www.JessicaCox.com](http://www.JessicaCox.com)

## Achievements & Titles

Certified Light Sport Pilot

Guinness World Record: The first woman to fly an airplane with her feet was Jessica Cox (USA) (b. 2 February 1983) who gained her pilot's license on 10 October 2008 in spite of being born without arms.\*

Goodwill Ambassador, Humanity and Inclusion

Goodwill Ambassador, Flight School Association of North America Top 15 Filipino Motivational Speakers ([When in Manila](#))

First black belt without arms in ATA Martial Arts, Certified Trainer Instructor, and Fourth Degree Black Belt State Champion in Forms, Arizona, 2014, ATA Martial Arts (non-special ability division)

SCUBA Diver certification

Inspiration Awards for Women: Most Aspirational (2012, USA) & Inspiration International (2013, UK)

\*Although often referred to as the first "licensed" pilot, Jessica is officially a certified light sport pilot.

## News Articles

[Armless Pilot Celebrates ADA Anniversary in Flight](#), AOPA

[Pinnacle 2021 Quick Take: 'Think outside the shoe' to assess, solve leadership challenges](#), EMS 1 [10 Best Pilots](#), Plane & Pilot Magazine

[Jessica Cox Was Born Without Arms, And She's Living A Life Without Limits](#), UPROXX [Meet Jessica Cox, world's first licensed armless pilot](#), CNN Philippines

[Jessica Cox Partners With Van's on RV-10 That Can Be Controlled By Feet](#), Flying Magazine

## Social Media

<https://www.facebook.com/jessicacox> | [https://twitter.com/jess\\_feet](https://twitter.com/jess_feet)

<https://www.youtube.com/user/rightfootedwoman> | [www.linkedin.com/in/rightfooted](http://www.linkedin.com/in/rightfooted)