



## Humans of Delaware

#Accredited T'ai Chi Chih Instructor Jessica Lewis, CPT, CNC poses for a photo Monday, August 03, 2015, during her T'ai Chi Chih Workshop at the Delaware Center for Conscious Living in Wilmington, DE.

Jessica Lewis is a black belt in the #Koreanmartial art style of #Tangsoodo which incorporates fighting principles from subak (as described in the Kwon Bup Chong Do), as well as northern Chinese kung fu.

The techniques of what is commonly known as Tang Soo Do combine elements of shotokan karate, #subak, #taekkyon, and kung fu. Tang Soo Do and other forms of martial arts are for maintaining peace, not for fighting.

At this time Jessica is the only Accredited T'ai Chi Chih Instructor in the state of Delaware.

Photo By [Saquan Stimpson-Cunningham](#)

Move It harnesses some Chi - The News Journal  
<http://www.delawareonline.com/story/life/2015/08/13/move-it-harnesses-chi/31647007/>

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