



# My Mastery: Learning to Live Through Jiu Jitsu

*Chris Matakas*

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## **My Mastery: Learning to Live Through Jiu Jitsu** Chris Matakas

Chris Matakas is a Brazilian Jiu Jitsu brown belt under Professor Ricardo Almeida. He is the head instructor of Ricardo Almeida Brazilian Jiu Jitsu in Newtown, PA. Chris believes the most fulfilling life is one spent mastering yourself and serving others. His work "My Mastery: Learning to Live through Jiu Jitsu" is a journey through the Jiu Jitsu student's progression not only as a practitioner, but as a person. The belt system in Jiu Jitsu is used as a means of conveying the depth of the lessons described in this book. Beginning as a white belt, the reader is introduced to the basic tenets of acquiring a new skill. As the pages and belts progress, the reader is introduced to lessons in learning and mastery. We inevitably end with the black belt who has learned how to learn while serving his fellow man. Chris reminds us that Jiu Jitsu is the vehicle. Not the road.



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