



My Mastery: Continued Education Through Jiu Jitsu

Chris Matakas

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My Mastery: Continued Education Through Jiu Jitsu is a text dedicated to the personal growth of the Jiu Jitsu practitioner both on and off the mats. Rooted in philosophy of learning, living, and practicing this art, this book discusses the most meaningful aspects of skill acquisition and personal development, and teaches the reader how to convert growth in sport into growth in life. Chris believes that the best use of one's life is mastering one's self, and ultimately using this mastery for the service of others. It is with great sincerity that the author hopes this book will foster the growth in the reader that will lead toward a more meaningful life, and a life that will positively influence many. As his writing so often does, Chris reminds us that Jiu Jitsu is simply the vehicle, not the road.

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