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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.

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My Mastery: Learning to Live through Jiu Jitsu by. Chris Matakas (Goodreads Author), Giulliana Fonseca (Photographer) 4.32 · Rating details · 37 ratings · 5 reviews 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.

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