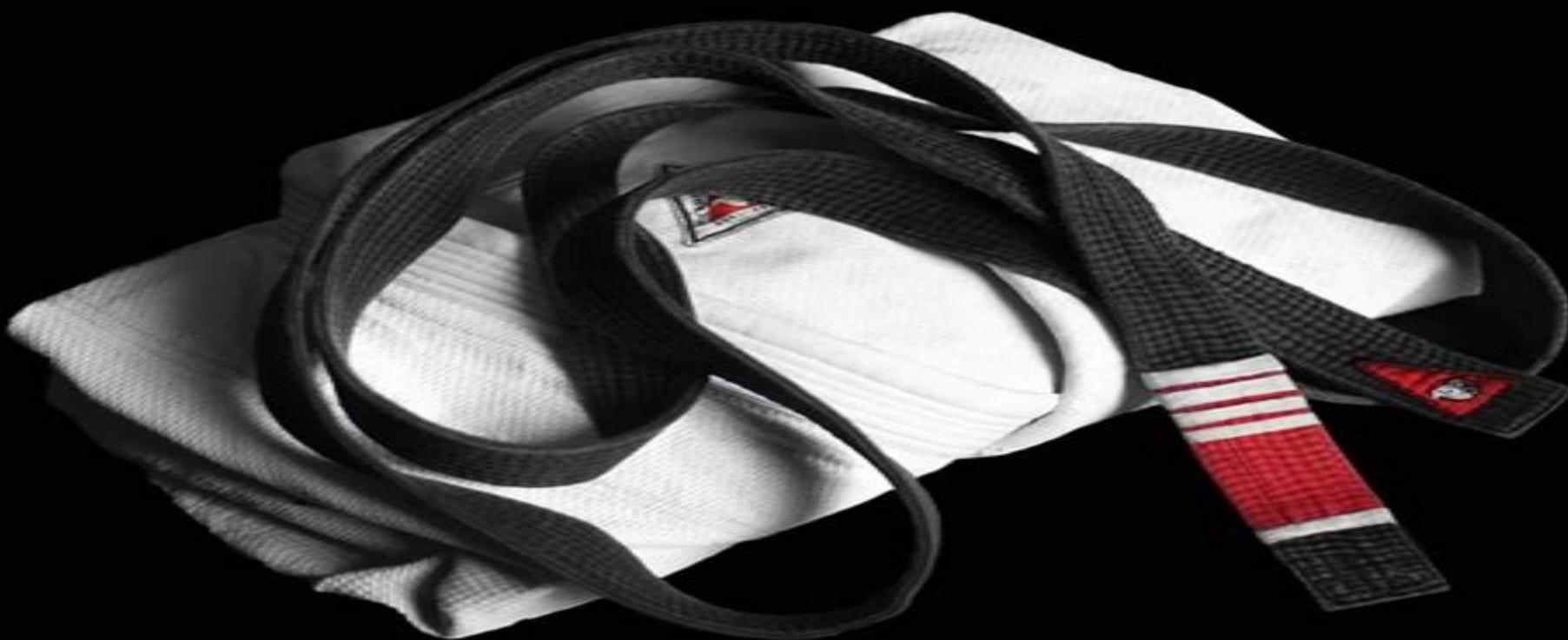


My Mastery

Learning to Live through Jiu Jitsu



Chris Matakas

My Mastery Learning To Live Through Jiu Jitsu

Matt Werner

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My Mastery Chris Matakas,2013-12-16 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

Stop Painful Parenting: Tales from Our Side of the Mat Paul

Prendergast,Carol Davis, LCSW,2017-01-30 When I opened my first karate school twenty six years ago I would never have thought I would be dealing with parents who grew marijuana had fist fights in my lobby or moms who cheated on their husbands with other moms I never thought I d deal with a mom so drunk she pissed her pants while waiting to pick up her child or a boy who drew pictures with his own poo on the walls of my bathroom My instructor never taught me how to defend myself against these types of attackers It is my hope that by reading this book people will be more conscience of their words and actions when in the presence of their children or other people s children People that become parents guardians coaches teachers mentors or who influence children will become more aware how important their role is Parents must understand if they want to see a change in their child they must be the change they want to see

My Mastery Chris

Matakas,2015-06-13 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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the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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