

Lineage: Professor Okazaki Sensei taught Professor Jay jujitsu. Professor Kawachi Sensei taught Professor Jay judo. Professor Jay taught Sensei's Fairfield and Quinonez Jujitsu and Judo. Sensei Quinonez is a USJF & USJI certified Yodan(4th degree) black belt in Judo and a Small Circle certified Nidan(2nd degree) black belt in Jujitsu. A Judo-Jujitsu student of Professor Wally Jay's since 1961, he attained national prominence in 1968 as the 120 pound High School National Champion, and as the outstanding sportsman receiving the coveted Professor T. Yamaouchi Award for Fighting Spirit. An 'All American' in 1967 and 1968, Sensei returned to competition in 1997, capturing 2nd in the US Senior National Championship, 161 LB. Masters division for 45-49 year olds. He Won the 1998 California Masters Championship and holds the 1998 and 2000 third place medals of the US Senior National Master's Championship for the 45 to 49 year old 161 LB. Division. Sensei Quinonez has placed second and third in the World Masters Athlete Judo Championship held in Wellington, Canada(1999), and Sydney, Nova Scotia, Canada(2000), in the 73 kilo (161 lb.), 45 to 49 Year old division. In 2001 he took first in the Senior National Master Championship for the 50 – 54 years 73 kilo. division and third in the World Masters for the 50 – 54 year old 73 kilo. division. In 2002 he placed second, and in 2003 Sensei Quinonez regained first place standings at Senior National Championships. Sensei holds a BS degree in Biochemistry, with a Chemistry minor, and is currently teaching Algebra and Judo/Jujitsu at Alameda High School. He was nominated as the Teacher of the Year in 2005. He also teaches judo and jujitsu to the community on Monday and Wednesday and Thursday evenings at the Alameda High School Dojo.

Alameda High School at
(510) 337-7000 ext. 5430 before noon and after noon ext. 5517
Cell (925) 895-6733

Judo and Jujitsu Class is a one-year course designed to introduce students to the martial arts of judo and jujitsu, and to learn skills consistent with those outlined in the California Physical Education Framework Handbook.

Work is assigned each class day as a part of required coursework. Mastery is achieved by practice. Grading is based on effort and timeliness. All work is expected to be **turned in on the due date, no later**. Assignments for days the student is absent from school will only be accepted with a valid excuse for the absence and are due one day after the student's return to school. If the absence is for several consecutive days, the assignments will be due the same number of days later, as the absence from the student's return to school. **Work** is defined as assignments to be **completed in class or at home**. They may involve writing to clarify and organize martial arts concepts and procedures. Students are expected to suit up and to participate every day. **Study skills** are important to success and will be incorporated into this class. Note-taking, outlining, and recording critical comments will be taught. This will develop technical reading skills and encourage one to work independently. **Projects** may be assigned to help students to develop an in-depth and creative expression of particular martial arts.

Quizzes and Tests

Quizzes will be unannounced.

Tests will be given approximately every other week. **Make-up tests** for students with an excused absence are to be made up **during school upon the student's return**. Students who are more than 5 minutes late on test day, without a valid excuse, may not take the test on that day. It is expected that students will review class notes, homework, and the textbook to prepare for a test. **Equipment** necessary for class such as books, pencils, pens, notebooks, paper, homework and Gi's, must be brought to class each day. Students will be expected to be suited up and on the mat for opening salutations within 7 minutes of the bell.

Grading

100 - 90% = A 89 - 80% = B 79 - 70% = C 69 - 60% = D below 60% = F

Grades are determined by points within a weighted grading system, through:

- **Test or quiz scores.** Tests are 100 points each; Quizzes are 10 - 50 points each.
- **Work.** 5 Points per **completed** assignment and a free write each week of one page.
- **Projects.** 20 -200 points depending on the depth of the assignment.
- **Book Reports.** A three page typed report (body of three pages at font 14) on any martial arts book approved by Sensei Quinonez.

Every student must purchase their own judo gi by September 20th, approximately \$50 through the school, unless you are extremely large in body size, where a double weave is recommended.

Class requirements for promotion:

- **An A in Judo – Jujitsu**
- **No “F”s on their report cards from any class.**
- **A 2.5 GPA**
- **Good citizenship**
- **Membership in the national organization in which you are seeking rank (USJF, Small Circle Jujitsu International, etc).**

Yellow belts

All of Professor Jay’s hand arts – all Yawara

Orange belts

Yellow belt requirements plus Shime

Blue belts

Orange belt requirements plus 7 Nage throws

Promotions will be held twice per year; the last day before Christmas break and the day before Camp Quantum (spring).

You must compete in at least one tournament before the end of the year, either a Kata or Randori Tournament. As a martial artist, sooner or later you will perform.

The massage portion of the class will be every Monday. Comfortable clothing like T-shirts and sweats are recommended.

If you would like to contact me, (Mr. Quinonez), call Alameda High School at (510) 337-7000 ext. 5517 and leave a phone number and message as to when I can reach you. Students may come in before school for help (7:30AM) or questions according to my availability. I have two children of my own, ages 9 and 11, who require responsible parenting.

DIGNITY

DIGNITY is the ability
to stand strong and tall
in the face of adversity
While being able
to bow to the elderly
and crawl with the children

DIGNITY is taking a stand
for your beliefs
Without closing your mind
to another's opinion

DIGNITY is being an example
by your deeds
and through your words
avoiding gossip, anger and lies

DIGNITY will manifest itself in
in the warmth of your smile,
the depth of your love,
and kindness for your fellowman

-Mychal Wynn