

THE LONG ISLAND AIKIKAI PRESENTS  
**ANDY DEMKO &  
MICHAEL DEMKO**



**USAF Technical Committee member and Aikido of New Castle Chief Instructor Andy Demko, 7th Dan Shihan and his son Michael Demko, BJJ Blackbelt and Combat Submission Wrestling instructor, will be at the Long Island Aikikai for our 3-day Fall Intensive!**

**During this exciting event, the father and son duo will be introducing groundwork utilizing Aikido principles!**

**Michael Demko will also be available for private lessons during this 3 day event. Contact the LIA for more information.**

**SEPT. 20 - 21 - 22  
2019**

**FRI: 7pm - 9pm  
SAT: 10am - 12pm  
SAT: 2pm - 4pm  
SUN: 10am - 12pm**

**Accommodations available for overnight visitors. LIA's famous BBQ after class on Saturday**



**15 Clinton ave.  
Bay Shore, NY 11706  
www.liaikikai.com  
877.245-4524  
info@liaikikai.com**

**FREE Website and Social Media Account development workshop SAT after class. Bring your laptops!**

**PRICE  
\$35 per session  
\$95 whole weekend**