

Debbie and Mike met at the Cincinnati Police Academy in 1973. During their distinguished law enforcement careers their training was extensive ... and their tests of courage and application of self-defense were routine. Due to life threatening personal challenges they were forced to respectfully question traditional survival/self-defense concepts that emphasized complication instead of focused simplicity. In a crisis, the Gardner's learned that ...

“LESS is more...when less is RIGHT!”



Mike is a 28-year veteran Sergeant of the Cincinnati Police Division (CPD), serving as CPD's legal liaison, expert witness in use of force issues, and academy instructor. Recognized for his extraordinary research and innovative “real life” teaching style, Mike is certified by numerous national and international police self-defense training programs. Mike was acknowledged as ***Officer of the Year*** in 1990 by the Cincinnati Police Department. His unique crisis control concepts for police officers have been featured all over the United States. He retired from Warren County Sheriff's Office after serving as Commander of the Police Academy then served as Director.

Debbie retired from the Hamilton County Sheriff's Department after 8 years employment as a Deputy Sheriff. She was one of the first women in the United States to be assigned patrol duty, alone, in the mid 70's. Debbie has also been certified by various national and international self-defense training programs.

In 1974, reality struck Debbie the day she was assaulted with a gun and froze prior to graduating from the Police Academy ... even though her martial arts and physical training was extensive and she was a straight-A student. Training, certificates and titles mean nothing if knowledge cannot be applied when needed! This dramatic failure changed her and Mike's belief in traditional training and gave them the backbone to go in a different direction for answers.

Debbie and Mike co-authored a new book, ***Raising Kids That Can Protect Themselves*** (McGraw-Hill, New York). Debbie is also the author of ***Simply the BST Crime Survival*** (Book-Masters, Inc.) and ***SURVIVE! Don't be a Victim*** (Warner Books, New York). They have been featured in magazines and newspapers throughout the United States and Canada, including *Omni*, *Vogue*, and *Cosmopolitan*. They have also been guests on numerous national television shows including O'Reilly Factor, Later TODAY, and ... Jerry Springer (no kidding!)

Debbie and Mike conduct their realistic crime survival workshops for corporations, conventions, and colleges in almost every state in the US and in Canada, South America, Australia and Central Europe.