

EDMUND LEE - CYCLING TRAINER

Cycling was never as fun and enjoyable until my boy and I learnt how to cycle with greater confidence and dexterity from Edmund Lee.

A few months back, my 4 year-old boy, Kevin, strongly desired the training wheels on his bike removed. I agreed. Nonetheless, as soon as those wheels were gone, we realised for ourselves how agonising it was teaching him to cycle. My husband and I tried repeatedly using different ways and means we heard from other parents to teach him to cycle, but without success. During this time, I could tell that Kevin coyly shunned away from the children cycling in the evening hours. It was disheartening to see him behaving in that state. I decided to put him on cycling lessons with Edmund. My husband took him for lessons.

To my amazement, after a 2-hour lesson, Kevin came home to show me how he could cycle unassisted. I was more thrilled than him. He could cycle with his friends again.

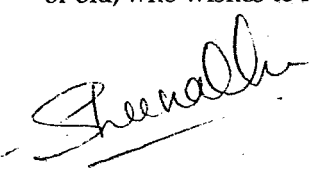
Having witnessed Kevin's progress, I could not help wondering how it happened. I tacked along to watch the subsequent training sessions to find out for myself that Edmund is, indeed, a patience and capable cycling trainer. He is no doubt very experience and careful. Not forgetting that he is good with children too. After another 2 hours of lesson, Kevin could do all that he needs to do with his bike - start, brake, making sharp turns, cycle up and down slopes - all with great confidence. After each lesson, I could tell that Kevin was filled with exuberance and gratification for Edmund.

Following which, I bought a bike. As I have probably not cycled for almost two decades, I signed up for refresher lessons with Edmund. I did four hours of intensive training. I spent the first hour learning the basics - understanding the physics of a bike for better control, mounting and dismounting, positioning the peddle for take off, cycling in straight line, negotiating through narrow pathways, going over humps and manoeuvring through obstacles, making sharp left and right turns etc., Another hour was spent learning to cycle on uneven pavements, slopes and down slopes including steep ones and gear shifting. Now that I could do all these, I could cycle along with my boy and confidently on my own when I feel like it. The remaining hours were spent on a challenging to and fro journey from Farrer Road, through Holland Road to Botanic Garden. This tough ride was useful. It added a significant boost to my cycling confidence.

Throughout the training, under Edmund's responsible and careful guidance, Kevin and I did not fall off the bike nor sustain any injury.

Cycling is now a family event for us. We enjoyed many great outdoors cycling in the neighbourhood and in different parks. In fact, recreational cycling is a painless way to shape up and keep fit for all of us.

Now that I have gone through the lessons personally, I will not hesitate to recommend anyone, young or old, who wishes to learn to cycle or improve on cycling skills to look for Edmund.



Sheena Gan
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