

Like most people, my first time learning to cycle was when I was in my teens and guided by my cousins. The coaching obviously failed - that was yons ago.

Since then, the thought of learning cycling has always weighed on my mind. However, throughout the years, many other things along the way took precedence and this goal was pushed back.

Recently, I had to clear some leave and the thought of learning cycling came on me again. I googled for professional coaching lessons and chanced upon Edmund's website. Reading that his oldest student was a 65-year old gave me courage that I would also be able to do it.

I was a slow learner and I only managed to cycle a short distance without Edmund holding on to my handle bar in my second lesson. The feeling that I could finally cycle was incredible. (You really need to experience it yourself to know what I mean!)

Throughout the lessons, Edmund had never let me fall. It was amazing that he was able to cycle alongside me and held onto my handle bar to guide my bicycle. I was amazed at how steady it was. As the only way I know about learning cycling was to have someone holding on to your bicycle and steadying it while you pedaled - that was how my cousins taught me. It is humbug when people tell you that falling off the bicycle is part and parcel of learning cycling. Well I never fell under Edmund's coaching!

Edmund was always very patient and encouraging throughout. He tried to make me relax by making light hearted conversations even though I was very tense and could not respond. Haha...

Finally, I am glad I took up cycling lessons from Edmund - he is a professional! I am definitely going to enjoy my newfound confidence in cycling!

Sincerely

Kelly Lim