



Mum & dad had tried to teach six year old Jake Knight to ride without stabilisers with little luck.

As Jake said, he 'didn't like falling off!'

A friend recommended cycle training and they booked a lesson with Ealing's cycle training provider Cycle Training UK (CTUK).

CTUK instructor Julie said, 'As Jake hadn't ridden without stabilisers leaning was a problem. We spent time using brakes to stop and placing one foot down after stopping. In the first session Jake was riding independently which was fabulous.'

The riding lesson taught Jake not to be scared and to be a confident cyclist. Jake's dad Paul said,

'As a parent it's hard to be objective when teaching your kids how to ride. It's absolutely brilliant that Jake learnt to ride on his own in the first lesson. Now we can all ride to the park with the dog'.

For Jake riding has given him freedom and the best bit is 'cycling everywhere'. As for the lesson Jake said, 'It is fun and it teaches you to sit on your bike properly and not get hurt'.

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