

EdFringe 2025: Practice of ZEN

★★★★ Scottish Field

By Megan Amato

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We all had childhood whimsies where in a spark of imagination we became princesses and pirates, heroes and villains, or fairies and dragons. They were simpler times in some of our lives.

For the creators of *Practice of Zen*, it was the martial heroes of the Wuxia universe – a genre of Chinese fiction, *usually* historical, with mythical-like martial artists fighting for righteousness and equality in a martial universe.

The little details make this performance extra special – the blankets tied around the three actors' necks as capes, household items wielded as swords – small symbols that pay tribute to childhood fantasies and play.

The actors deserve praise too as it was a delight to watch their vivid expressions shift from childhood innocence and joy to the more intense emotion as they battle evil and fight their own inner greed. I often felt my heart strings pulled as classic Wuxia tropes are utilized earnestly by a dynamic cast.

A nostalgic and endearing performance that pays homage to a beloved genre with a heartwarming childhood story that many can relate to.

Runs until 16 August at theSpace on the Mile, 15:35. Directed & Written by Alex Tam Hung Man. Performed by To Yim Shan, Wong Ka Chun, Choy Kai Fung, Ng Wing Ha.

<https://www.scottishfield.co.uk/culture/reviews-dance-and-theatre-at-the-edinburgh-festival-fringe/>