

Curriculum Vitae

Name: **Linda Sim Ee Guay**

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Profession: Catholic Religious Sister (FMDM)
DOB: 20 Nov 1954 Email: lindasimfmdm@gmail.com Contact: +65 97832300

Based at: Franciscan Missionaries of the Divine Motherhood (FMDM), Singapore
Congregational (HQ) Motherhouse : Ladywell Convent, Surrey, England, UK

1979 Joined the Franciscan Missionaries of the Divine Motherhood (FMDM), Singapore
1979 – 1981 FMDM Initial formation program (Mount Alvernia Hospital, Singapore)
1982 – 1984 FMDM Religious formation program / Profession of Religious Vows
1984 – 1990 FMDM, England, Franciscan Studies - Kent, Business studies, Diploma - London
1990 – 1993 Hospital Administrator, FMDM Mater Dei Hospital, Zimbabwe, Africa
1993 – 2004 FMDM Novice Director, Community Leader – England
2004 – 2014 Mission Awareness Co-ordinator, Mount Alvernia Hospital and Assisi Hospice
2015 Care of mother till she passed on December 2015
2016 – 2019 Mount Alvernia Hospital, Singapore, Pastoral Care Team
2020 – present Co-ordinator for FMDM Sisters, St Francis Convent, Singapore

Education

1961 – 1970 Primary and Secondary (Our Lady of Good Counsel, CHIJ)
1971 – 1972 Work experience (Heli Orient Pte. Ltd., Anglo-American Aviation Company)
1972 – 1974 Tertiary education – Secretarial studies
1975 – 1978 Work experience (Heli Orient Pte. Ltd., Secretary to Helicopter sales Manager)
1979 – 1983 Religious Formation, First Profession of Religious Vows – FMDM Singapore
1984 Missioned to Congregational HQ, Ladywell Convent, England
1985 – 1987 Theological Studies at Franciscan Study Centre, Canterbury, Kent, England
1987 – 1989 University of Central London: BTEC Higher National Diploma in Business & Finance

Missionary Experience

1990 – 1993 Zimbabwe, Africa (Hospital Administrator, Mater Dei Hospital, Bulawayo)
1993 – 1995 Ladywell Convent (Assistant Mission Co-ordinator)
1996 – 1997 British School of Shiatsu-Do, London (Practitioner Certificate in Shiatsu-Do)
1997 – 1999 FMDM Formation Program at the Franciscan Study Centre (Novice Director)
2000 – 2003 Community Leader, Novice Director, Regional Leadership Team member, London
2004 – 2014 Returned to Singapore: Mission Co-ordinator, Mount Alvernia Hospital & Assisi Hospice
2007 – 2019 *Singapore Taekwondo Federation – Taekwondo with Heart program : Assisi Hospice
Children's Day Care Centre Taekwondo coach/manager*
2015 *Leave if absence to care for mother, RIP December 2015*
2016 – 2019 Mount Alvernia Hospital, Singapore, Pastoral Care Team
2020 to Present Co-ordinator for FMDM Sisters, St Francis Convent, Singapore

Taekwondo History

August 1973 Singapore Taekwondo Academy (ITF) : Black Belt 1st Dan
January 1976 Singapore Taekwondo Federation : Black Belt 1st Dan
**Joined FMDM Sisters in 1979 – Away on Mission, England, UK, Zimbabwe, Africa from 1984 to 2004*

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March 2009 Singapore Taekwondo Federation : Black Belt 2nd Dan STF/Team gOLD/00005
 March 2010 Singapore Taekwondo Federation : Black Belt 4th Dan STF/Team gOLD/00021
 April 2014 Singapore Taekwondo Federation : Black Belt 5th Dan STF/Team gOLD/00021

***May 2023 Singapore Taekwondo Federation : Black Belt 6th Dan (awaiting grading results)**

Kukkiwon (No. 05266974)

Black Belt 1st Dan Jun 2007
 Black Belt 2nd Dan Jul 2010
 Black Belt 3rd Dan Dec 2012
 Black Belt 4th Dan Jan 2016
 Black Belt 5th Dan Mar 2020

Singapore National Registry of Coaches (NROC)

NCAP Technical Level One (Taekwondo) SSC01234/2012 25 Nov 2007
 NCAP Level 1 Theory C/N 09-2096 19 Nov 2009
 NCAP Technical Level Two (Taekwondo) SGP Sports Council SSC07554/2014 29 Jan 2014
 NROC Taekwondo Coach Certification 2009 to 2023

Singapore Taekwondo Federation (STF) Coach and Referee Certification

Singapore Taekwondo Federation (STF) Taekwondo Coaching (Level 1) 25 Nov 2007
 STF Poomsae Coach (Level 1) 27 Jan 2008
 STF Poomsae Coach (Level 2) 21 Sep 2008
 STF Poomsae Coach (Level 3) 04 Nov 2012
 STF Poomsae Coach (Level 3 Refresher) Nov 2014
 STF Professional Coach Pass (No. S0088) 2009

STF Poomsae Referee Class 3P May 2008
 Class 3 08 Jul 2010
 Class 2 03 Jun 2013
 Class 1 15 Oct 2014

STF Kyorugi Referee (Level 3) 14 Mar 2012
 STF Kyorugi Referee (Level 2) 24 Oct 2014
 STF Kyorugi Referee (Level 3) 13 Sep 2016

STF Grading Assessor Accreditation Course 30 Apr 2023 STF/2023/AC/0032

****STF Grading Assessor Licence 2023 - Awaiting approval of Licence***

International Poomsae Championships

2011 to 2022: Participated in **24 International Championships** (Singapore National Team)

Awarded Total of **33 medals** :

16 Gold-Individual / 01 Gold-Pair / 07 Silver-Individual / 02 Silver-Pair / 04 Bronze-Individual / 03 Bronze-Pair

WT 2022 Goyang Poomsae Championships, WT Online Poomsae Challenge III 2021,

Best of Indonesia Chong Moo Kwan E-Poomsae 2019, Chuncheon Korea Open: 2019, 2017, 2013

WT Taipei Poomsae Championships 2018, - Kimumyong Cup 2018, Asian Cities, Hong Kong 2018, 2016

5th ASIAN TKD, HCM City, Vietnam 2018, 2nd ASIAN TKD, HCM City, Vietnam 2012, 22nd ASIAN TKD 2016
Manila, Philippines

Gyeongju Korea Open 2016, 2014, 2012, 12th ATF TKD Championships 2015, Vietnam

Commonwealth TKD 2017 Montreal, Canada, Canada Open 2017 Montreal, Commonwealth TKD 2014
Scotland, UK

13th ASEAN TKD Championships 2017, Perlis, Malaysia, ASEAN Championships 2013, Myanmar.

8th World TKD Championships 2013, Bali, Indonesia, 6th World TKD Championships 2011, Vladivostok,
Russia

2008 to 2021 : Participated in **13 Singapore National Poomsae Championships**

Awarded : Total of 28 medals (19 Gold-Individual, 08 Pair / 01 Silver-Individual)

Assisi Hospice (STF Taekwondo with Heart Cancer Children's Taekwondo Program) Nov 2006 to 2019

**Program discontinued due to Covid-19 Pandemic*

2015 to 2023 ..ongoing : Part-time Coach at Induk Taekwondo, Singapore

2022 May to 2023 .. ongoing : Assisting on Ildo Taekwondo, Singapore Senior "Team Diamond" Class

2011 World Youth Taekwondo Camp, Muju, Korea (STF appointed - accompany 2 Assisi Hospice TKD
Cancer Children)

2016 ASEAN-KOREA Youth Cultural Exchange Camp (STF appointed - accompany 3 Assisi Hospice TKD
Youth and 2 Singapore TKD Youth)

Appendix A (Attached) Published Articles: Online and Magazines:

*Updates: 2022 Straits Times, Catholic Nun is Singapore's first taekwondo world champion, WT News ..