

Curriculum Vitae

Name: **Linda Sim Ee Guay**

Profession: Catholic Religious Sister, (FMDM)

DOB: 20 Nov 1954

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

1979 - Joined the Franciscan Missionaries of the Divine Motherhood (FMDM)
1979 – 1981: FMDM Initial formation program (Mount Alvernia Hospital, Singapore)
1982 – 1984: FMDM Religious Formation program / Profession of Religious Vows
1984 – 1990: FMDM, England
1990 – 1993: Hospital Administrator at FMDM Mater Del Hospital, Zimbabwe
1993 – 2004: FMDM Novice Director / Local Community Leader – England
2004 – 2014: Mission Awareness Co-ordinator at Mount Alvernia Hospital & Assisi Hospice
2016 – 2019: Mount Alvernia Hospital, Singapore, Pastoral Care Team
2020 – present: Co-ordinator FMDM Sisters, Singapore

Education:

1961 – 1970 : Primary and Secondary School (GCE O'Level)
1971 – 1972 : Work experience (Anglo-American Aviation Company)
1972 – 1974 : Tertiary education – Secretarial studies
1975 – 1978 : Work experience (Secretary to Sales Manager – Aviation Industry)
1979 – 1983 : Religious Formation/Education – First Profession of Religious Vows – FMDM Singapore
1984 - Transferred to Ladywell Convent, England
1985 – 1987 : Franciscan Study Centre, England – Theological studies
1987 – 1989 : University of Central London: BTEC Higher National Diploma in Business & Finance

Missionary experience:

1990 – 1993 : Missioned to 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 Programme at Franciscan Study Centre (Novice Director)
2000 – 2003 : Community Leader/Novice Director/Regional Leadership Team Member, London Convent
2004 – 2014 : Returned to Singapore – Mission Co-ordinator at Mount Alvernia Hospital & Assisi Hospice
2007 – 2019 : *Outreach ministry : Assisi Hospice Children's Day Care Taekwondo Coach/Manager*
2015 – 2015 : Leave of Absence to care for elderly parent (Mother, RIP December 2015)
2016 – 2019 : Mount Alvernia Hospital, Singapore, Pastoral Care Team
2020 – Present: Co-ordinator, FMDM Sisters, Singapore

Taekwondo History

August 1973 Singapore Taekwondo Academy (ITF) : Black Belt 1st Dan
January 1976 Singapore Taekwondo Federation (WT) Black Belt 1st Dan

****Joined FMDM Sisters in 1979 - Away on Mission – United Kingdom -Zimbabwe, Africa from 1984 to 2004)***

Taekwondo History ..cont'd

March 2009 Singapore Taekwondo Federation Black Belt 2nd Dan
March 2010 Singapore Taekwondo Federation Black Belt 4th Dan
April 2014 Singapore Taekwondo Federation Black Belt 5th Dan
2020 **Due to Covid-19 ..still awaiting STF Dan Promotion Test for Black Belt 6th Dan*

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)	Nov 2007
NCAP Level 1 Theory	Nov 2009
NCAP Technical Level Two (Taekwondo) Singapore Sports Council	Jan 2014
NROC Taekwondo Coach Certification	2009 to 2023

Singapore Taekwondo Federation (STF) Coach and Referee Certification

Poomsae Coach :	Level 1	Jan 2008
	Level 2	Sep 2008
	Level 3	Sep 2009
	Level 3 (Upgrading)	Nov 2012
	Level 3 (Refresher)	Nov 2014

Singapore Taekwondo Federation (STF) Professional Coach Pass (No. S0088)	2009
Coach Seminar	2011

<u>STF Poomsae Referee</u>	Class 3P	May 2008
	Class 3	Jul 2010
	Class 2	Jun 2013
	Class 1	Oct 2014

<u>STF Kyorugi Referee</u>	Class 3P	Jun 2008
	Class 3	Mar 2012
	Class 2	Oct 2014
	Class 1	Sep 2016

Poomsae Championships

2011 to 2021 - Participated in 23 International Championships (Singapore National Team)

– Awarded Total of 32 Medals (16 Gold Individual / 1 Pair) (09 Silver Individual/ 2 Pair) (07 Bronze Individual/ 3 Pair)

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, Kimunhyong 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 Champs -2015 Vietnam, Commonwealth TKD -2017 Montreal, Canada, Commonwealth TKD -2014 Scotland, United Kingdom, Canada Open -2017: Montreal, 13th ASEAN TKD Champs -2017, Perlis, Malaysia, ASEAN Championships -2013 Myanmar, 8th World TKD -2013, Bali, Indonesia, 6th World TKD – 2011: Vladivostok, Russia

2008 to 2021 Participated in 13 Singapore National Poomsae Championships

– Awarded Total of 28 Medals (27 Gold /8 Pair) (1 Silver Individual)

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

**Program discontinued due to Covid-19*

2015 to present : Part-time Coach at Induk Taekwondo, Singapore

2011 World Youth Taekwondo Camp, Muju – Korea (Authorised by STF to accompany 2 Assisi Hospice TKD Cancer Children)

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

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

Appendix A - Some of the Published Articles (online)

BBC Making Time: The nun teaching taekwondo to sick children - <https://www.bbc.com › news › magazine-24478533>

48 Singaporean Seconds: Here's a Catholic nun with a black belt ...<https://www.straitstimes.com › singapore › 48-singapor...>
-- ST PHOTO: DESMOND LIM. Published. Jul 31, 2013, 10:46 pm SGT.

Sister Linda Sim Meets the Pope at Vatican City - ...<https://www.stf.sg › NEWS › International News>

Sister Linda Sim to show off her taekwondo techniques - <https://www.koreatimes.co.kr › www › sports › 2019/06>

Sister Linda Sim uses taekwondo to help children (and win ...<http://asianews.it › news-en › Sister-Linda-Sim-uses-tae...>

Singapore nun tells of passion for taekwondo - The Korea ...<http://www.koreaherald.com ›>

5 Aug 2011 — Sister Linda Sim is visiting Korea with her pupils to participate in the taekwondo youth camp in Muju, North Jeolla province. [News & Events - INDUK Taekwondo https://www.induk.com.sg › news](https://www.induk.com.sg › news)
Sister LINDA SIM, or Sister LINDA as she is passionately called by most, is part of INDUK's coaching staff.

Linda Sim - RN Drive - ABC Radio National <https://www.abc.net.au › drive › sister-linda-sim>

14 Oct 2013 — Sister Linda Sim is a sister of the Franciscan Missionaries of the Divine Motherhood, and a black-belt-holding, Taekwondo instructor.

Activities : ASEAN-Korea Youth Taekwondo Cultural ...https://www.aseankorea.org › Activities › activities_view

30 Jan 2016 — The camp successfully finished with special stories of some participants such as a Franciscan **Sister Linda Sim** from Singapore who started ...

AsiaPhotoStock, sister linda sim <http://asiaphotostock.com › ItemCatShop › AsiaPhotoSt...>

sister linda sim features in the taekwondowon park museum for her work with cancer kids. Keywords. mike smith, sister linda sim, taekwondowon park, muju,

Taekwondo Offers Strength to Young Cancer Survivors <http://www.worldtaekwondo.org › wtnews › view>

Their coach is **Sister Linda Sim**, a black belt since the early 1970s. "They were very enthusiastic choosing [taekwondo] over board and video games and TV ...

Meet the Nun Who Teaches Tae Kwon Do to Sick Children <https://www.nationalreview.com › the-feed › meet-nun-...>

15 Oct 2013 — **Sister Linda Sim** gave up taekwondo when she joined a convent. Years later, she's dusted off her black belt at a Singaporean hospice to teach ...

Sister says taekwondo is God's gift to her - UCA News <https://www.ucanews.com › Editor's Choice>

10 Aug 2011 — A Singaporean (religious sister) says she is finding strength and also peace in the Korean martial art of taekwondo.

Linda Sim - RN Drive - ABC Radio National <https://www.abc.net.au › drive › sister-linda-sim>

14 Oct 2013 — Sister Linda Sim is a sister of the Franciscan Missionaries of the Divine Motherhood, and a black-belt-holding, Taekwondo instructor.

A Catholic nun with a black belt - gloria.tv <https://gloria.tv › post>

When Sister Linda Sim was growing up, all she wanted to do was serve the nation...