**Curriculum Vitae** *Name:* **Linda Sim Ee Guay Updated: 22 June 2023**

Profession: Catholic Religious Sister (FMDM)

DOB: 20 Nov 1954

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, Singapoire)

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***

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**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, C**huncheon 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 ..

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