

## **6<sup>th</sup> WTF World Taekwondo Poomsae Championships**

**Vladivostok, Russia July 29-31, 2011.**

570 athletes from 53 countries competed in the three-day annual World Taekwondo Poomsae Championships, which took place at the Olympiets Sports complex, Vladivostok, Russia.

Singapore's Sister Linda Sim, FMDM (Franciscan Missionaries of the Divine Motherhood) participated in the women's individual 2<sup>nd</sup> master division, in which she ranked 10<sup>th</sup> and failed to advance the next round. The 56-year-old Singaporean sister, who started taekwondo at the age of seventeen, drew a special attention from the jam-packed spectators and the international media. Sister Linda told the reporters: "Representing Singapore at the World Poomsae Championships has been an enlightening and enriching experience and, indeed a dream-come-true for me. I am deeply grateful to the Singapore Taekwondo Federation, my coach, and most of all, my FMDM Regional Leader, Sister Barbara Pereira for her support and encouragement. I will continue train harder for the forthcoming events!"

Mexico's Carolina Martinez won the gold medal, Russia's Natalia Volkova; the silver medal and Belgium's Vera Moens and Canada's Shelley Vettese-Baert, the bronze medals in the women's individual 2<sup>nd</sup> master division.



### **3<sup>rd</sup> World Taekwondo Youth Camp 2011**

#### **Muju/Seoul – August 1<sup>st</sup> to 6<sup>th</sup>, 2011**

Taekwondo became an official event in the 2000 Sydney Olympic Games for peace and harmony among peoples of the world. The international sport mainly uses both feet and hands, and disciplines the body, mind, and spirit. The World Youth Camp which started in 2009 is fully sponsored by the Taekwondo Promotion Foundation and the World Taekwondo Federation.

This year, 215 athletes; and 39 officials from 27 countries participated in the 3<sup>rd</sup> World Youth Camp which was held at Muju, a place of outstanding natural beauty, and Seoul the capital of Korea. Two Assisi (Hospice) Taekwondo students (Inshera and Hong Ray); and Coach Linda Sim were nominated by the Singapore Taekwondo Federation to represent Singapore in the 2011 World Taekwondo Youth Camp.

In 2006, the Singaporean Taekwondo Federation started taekwondo lessons to children with cancer and other life-limiting conditions at the Assisi Hospice Children Day Care Center and Sister Linda Sim participated in the program as a coach. Through the program, those children coached by Sister Linda Sim participated in national competitions, including the 1<sup>st</sup> Singapore National Taekwondo Poomsae Championships in 2007, in which the children won six gold medals, two silvers and one bronze.

“Taekwondo as a therapy gives much hope to those children with cancer and other life-threatening illnesses,” Sister Linda Sim said. “For me, taekwondo is more than a martial art and competitive sport. It is a way of being; which has become the fabric of my life.”

*The objective of the camp are to:*

- *Provide the world youth with high-level taekwondo training and education of taekwondo spirit;*
- *Educate the youth on Olympic values and ideals,*
- *Provide the youth with an opportunity for exchanges in sport and culture; and a better understanding of the diverse cultures among the participants;*
- *Help the youth lead a healthy life: physically, and spiritually, and thus contribute to the betterment of their communities, countries, and the world.*

*Muju is also the venue for the Taekwondo Park which is now under construction. It will be a meeting place where athletes from all over the world can meet to cultivate the taekwondo spirit of peace and harmony while practising their skills.*

