



Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series

Lam Sai Wing, Andrew Timofeevich

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Priceless Heritage of Southern Shaolin Inherited from the Past and Handed Down by Venerable Grandmaster Lam Sai Wing. Iron Thread form was created by Tid Kiu Sam, one of the best martial artists in the history of China. His real name was Leung Kwan (1813-1886). He was one of the famous Ten Tigers of Guangdong. The Iron Thread is considered as the highest form taught in the traditional Southern Shaolin Hung Gar Kung Fu system. This method belongs to a branch of "hard", or fighting Southern Shaolin Qi Gong (Chi Kung) and considered as "Internal Training". A master of the Iron Thread can withstand, with no consequences, the strongest of blows, including ones with heavy objects or cold steel, bend thick iron rods with his hands, and his "rooting power" is so strong that he cannot be displaced by a group of strong people. In addition, this wonderful method strengthens all internal organs, bones, muscles and sinews. The entire body thrives and rejuvenate.

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