

Iron Thread Southern Shaolin Hung Gar Kung Fu Classics Series

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Iron Thread Southern Shaolin Hung

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".

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Priceless Heritage of Southern Shaolin Inherited from the Past and Handed Down by Venerable Grandmaster Lam Sai Wing. Provides a detailed description of the old Southern Shaolin method of "Internal Training". A master of the Iron Thread can withstand,

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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.

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Lam Sai Wing. Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series Lei Sai Fai. Foreword - 16 - The founder of the Tid Sin Kuen style is Tid Kiu Sam. In his time he was called one of "Guangdong Ten Tigers". He is a well-known and esteemed person among martial arts masters. Tid Kiu Sam, a favorite disciple of Shaolin monk Gwok Yan,

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Lulu.com, 2007 - Sports & Recreation - 183 pages. 2 Reviews. Priceless Heritage of Southern Shaolin Inherited from the Past and Handed Down by Venerable Grandmaster Lam Sai Wing. Provides a detailed...

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Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics ...

Format: Paperback. Lam Sai Wing's, "Iron Thread," is a masterfully constructed instructional manual for the Hung Gar form, "Iron Thread." This form combines the elements of both the internal and the external, and is designed to promote physical strength and development of internal energy.

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TIET SIN, or the Iron Thread, is one of the Fighting Arts¹ inherited from Tie Qiao San². It is a perfect training system aiming at setting into motion body's extremities and the whole body and thanks to it to improve blood circulation and the circulation of the internal energy Qi. Bones, muscles and sinews are subjects of outer strengthened, the internal organs and the spirit Shen are subjects of internal strengthened.

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Hung Ga (Hung), Hung Kuen (Hung), or Hung Ga Kuen (Hung) is a southern Chinese martial art belonging to the southern shaolin styles. It is associated with the Cantonese folk hero Wong Fei Hung, a Hung Ga master.. The hallmarks of the Wong Fei-Hung lineage of Hung Ga are deep low stances, notably the horse stance or "sei ping ma" (), and strong hand techniques, notably the ...

Hung Ga - Wikipedia

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Southern Shaolin Hung Gar Kung Fu. Lam Sai Wing was one of the best fighters of his time, an outstanding master of Southern Shaolin Hung Gar Kung Fu and a disciple of the legendary Wong Fei Hung. At the beginning of twentieth century, supposedly in 1917-1923, when Lam Sai Wing was the Chief Instructor in hand-to-hand fight in the armed forces of Fujian province, he wrote three books on ...

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