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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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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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The founder of the Iron Thread Qi Gong school is Tie Qiao San. In his time he was called one of "Guangdong Ten Tigers". He is a well-known and esteemed master among Kung Fu followers. Tie Qiao San, a favorite disciple of Shaolin monk Jue Yin, was famous for his mastery, he had no rivals equal to him.

Southern Shaolin Qi Gong - hung-gar-kung-fu.netfirms.com

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The Iron Thread is considered as the highest form taught in the traditional Southern Shaolin Hung Gar Kung Fu system. 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.