



Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series

Lam Sai Wing

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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, with no consequences, the strongest of blows, including ones with heavy objects or cold steel arms, 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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