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Zhoupei Hong Quan Iron Wire Fist

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This is the first part of a series of six films on Wong Fei-hung. Vincent Zhao took over the role of Wong Fei-hung from Jet Li in two of the movies. Great Hero From China (1992), starring Chin Kar-lok. Iron Monkey (1993), starring Yu Rongguang as Iron Monkey and Donnie Yen as Wong Kei-ying. Angie Tsang appeared as a

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young Wong Fei-hung.

"The Iron Thread" - Shaolin Kung Fu  
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Southern Shaolin Hung Gar Kung Fu -  
books by Master Lam ...

Hung Ga (洪家), Hung Kuen (洪拳), or Hung  
Ga Kuen (洪家拳) is a southern Chinese

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martial art (Cantonese, to be more specific) 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 "sei ping ma" (四平馬) horse stance, and strong ...

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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

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Southern Shaolin Hung Gar Kung Fu.

Lam Sai Wing was one of the best fighters

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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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Hung Ga - Wikipedia

Lam Sai Wing is the author of Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series (4.40 avg rating, 10 ratings, 0 reviews, published 2008), Ir...

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Classics Series by Lam Sai Wing and  
Andrew Timofeevich (2008, Paperback) at  
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Hoi Tong Monastery - Wikipedia

This system uses the Xiao Nian form\* as

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it's foundational set, as well as having forms for the five animals of southern Hung Kuen. Additionally there is also an Iron wire set in the system which...

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The official English form of the name is

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"Hoi Tong Monastery", a transcription of the Cantonese pronunciation of the Chinese translation of the Indian Buddhist monk Sāgaradhvaja (Sanskrit: सागरध्वजा, lit "Ocean Banner" or "Flagpole"), who appears in the Flower Garland Sutra as a devout student of the Heart Sutra.

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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 ...

Wong Fei-hung - Wikipedia

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