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Southern Shaolin Qi Gong - hung-gar-kung-fu.netfilms.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.