

Lam Sai Wing

林世榮遺技

朱愚齋著

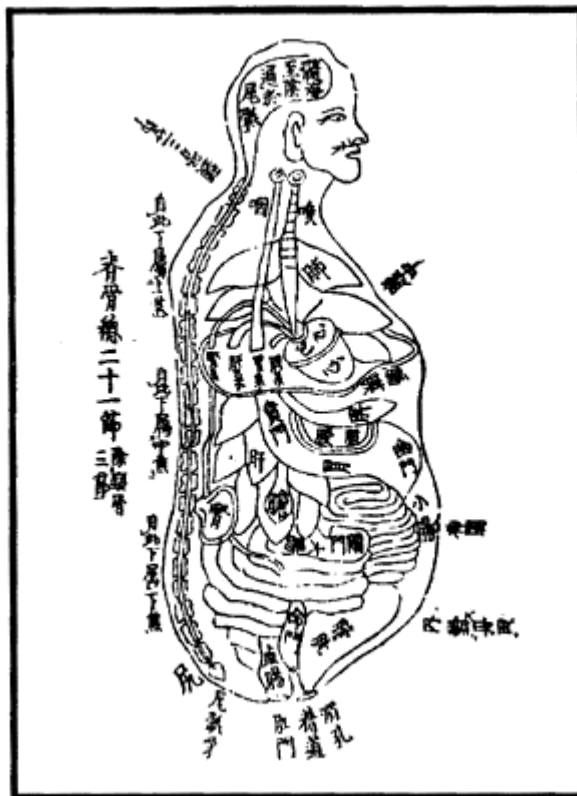


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TIET SIN KUEN

The Iron Thread



Art of Tiet Sin Qi Gong inherited from the past and handed down by Lam Sai Wing.

Lam Sai Wing

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照遺生先榮世林師拳



**Master of Pugilistic Arts venerable Lam Sai Wing (1860-1943)
The last photo (supposedly, 1940-1943)**

“This method of Qi Gong is the best for those who practice the Fighting Arts. I myself could achieve my tutor Wong Fei Hung’s results with the use of this method and Master Fei Hung could achieve the results of honorable tutor Ling Fu Chen who in his time was the best disciple of Tiet Qiao San, the unsurpassed master...”

Lam Sai Wing

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