Concurrency
(Blocks & GCD, Threads)

Grand Central Dispatch
(GCD)

Simple mechanisms for handling asynchronous / concurrent tasks
Supports concurrent or serial execution of tasks
Blocks

- Equivalent to closures or lambdas
- Some memory management quirks
- Easily encapsulates a task

NSThread

- Heavy-weight and more complicated model required in some situations
- GCD is generally faster and easier, assuming it meets your needs
Documentation

“Concurrency Programming Guide”
“A Short Practical Guide To Blocks”
“Blocks Programming Topics”
“Threading Programming Guide”