Concurrent
(Closures/Blocks & GCD, Threads)

Grand Central Dispatch
(GCD)

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

Closures/Blocks

Equivalent to 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”