Rod for underwater oxygen thermal cutting of metals in temporary shell has one or several elements of the material burning in oxygen with high specific heat of combustion, located inside the temporary shell, along its length. The inside diameter of shell is 8-18 mm, one or several elements of material burning in oxygen with high specific heat of combustion located in the shell has a central oblong hole with a diameter of 1-3 mm, and rod can have an arbitrary length and an arbitrary section.