

**The Swimming Dragon: A Chinese Way To Fitness, Beautiful  
Skin, Weight Loss, And High Energy**

**By Tzu Kuo Shih**

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Chinese water dragon (*Physignathus cocincinus*) is a species of agamid lizard native to China and Indochina. It is also known as Asian water dragon, Thai water dragon

[http://en.wikipedia.org/wiki/Chinese\\_water\\_dragon](http://en.wikipedia.org/wiki/Chinese_water_dragon)

Swimming Dragon: A Chinese Way to Fitness, Beautiful Skin, Weight Loss, and High Energy: Chinese Way to Fitness, Energy and a Very Long Life: Amazon.de: Tzo Kuo Shih

<http://www.amazon.de/Swimming-Dragon-Chinese-Fitness-Beautiful/dp/0882680633>

Sep 12, 2011 This is my baby chinese water dragon Beast, this is his first time swimming, but he get too curious & runs off.

[http://www.youtube.com/watch?v=l6vFP\\_chrDs](http://www.youtube.com/watch?v=l6vFP_chrDs)

and older on how to use gentle but powerful traditional Chinese Way to Fitness, Beautiful Skin, Weight Loss, and High Energy. by Tzo Kuo Shih.

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Tzu Kuo Shih is the author of The Chinese Art of Healing With Energy ; Author Detail;  
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<http://www.freebookdownload.net/ebook/the-way-of-the-dragon>

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Tzu Kuo Shih is the author of Swimming Dragon (3.64 avg rating, 11 ratings, 2 reviews, published 1998) and QI GONG THERAPY Tzu Kuo Shih s Followers.  
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<http://www.swimmingdragons.ca/index.aspx>

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