
City of Turlock

T'ai Chi Ch'uan

T'ai Chi Chuan is an art of self-defense and self-discipline which has been in existence for centuries in China. The slow, graceful movements are practiced for health, concentration and relaxation.

What Do I Wear to Practice Tai Chi?

Shirts

Wear a shirt or blouse that is loose-fitting, with no binding under the armpits or around the waist. Avoid sleeves that flop or slide back as you move your arms; these may distract you and cause you to lose your concentration.

Pants

Wear cotton pants or sweats with an elastic or drawstring waist. Some movements require you to move your hips and bend at your waist, so you will need unrestricted movement. If you choose to wear shorts, they must be loose fitting and knee length or longer.

Shoes

Wear comfortable, flexible, soft-soled shoes or shoes that do not grip the floor. Your foot movements must be precise; some tai chi forms require you to bend your ankles or point your toes.

Other

Keep hair out of the way and jewelry and accessories to a minimum.

The following includes, but is not limited to, inappropriate attire for the above mentioned activity: midriffs, bathing suits, sports bras (tank style ok).

Your clothes should be loose and comfortable. While clothing such as leotards might allow your body to move freely, such clothing is not suitable for Tai Chi. In Tai Chi, mobilizing the Qi is an important goal. Qi travels along its meridians (energy channels), which are close to the surface of the skin, so clothing that sticks tightly to the skin such as leotards hinders the flow of Qi. Also avoid tight elastic around your waist and legs because this might restrict the flow of Qi.

Failure to wear appropriate attire for any recreation program may result in the temporary or permanent removal of a participant for the class/program.

