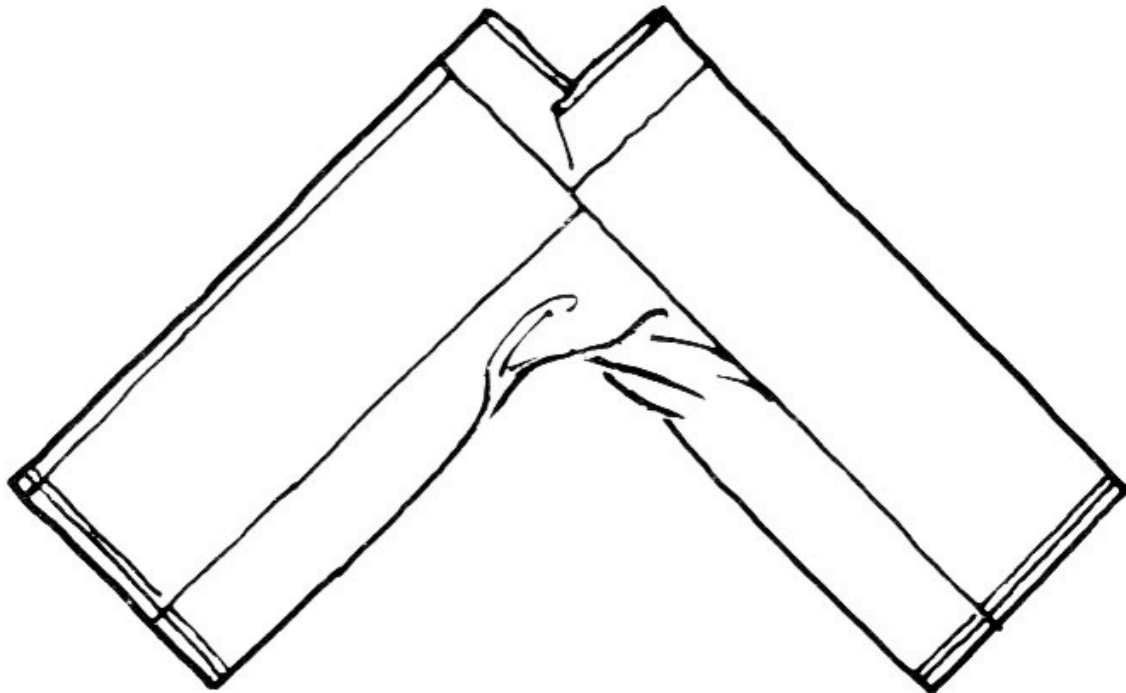
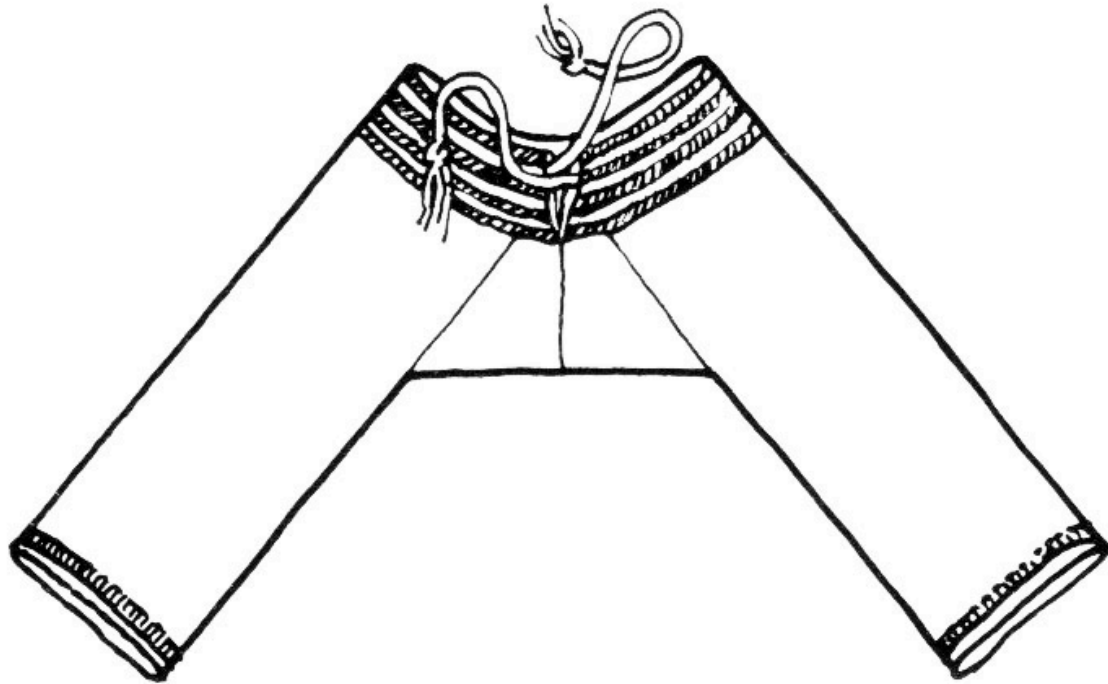


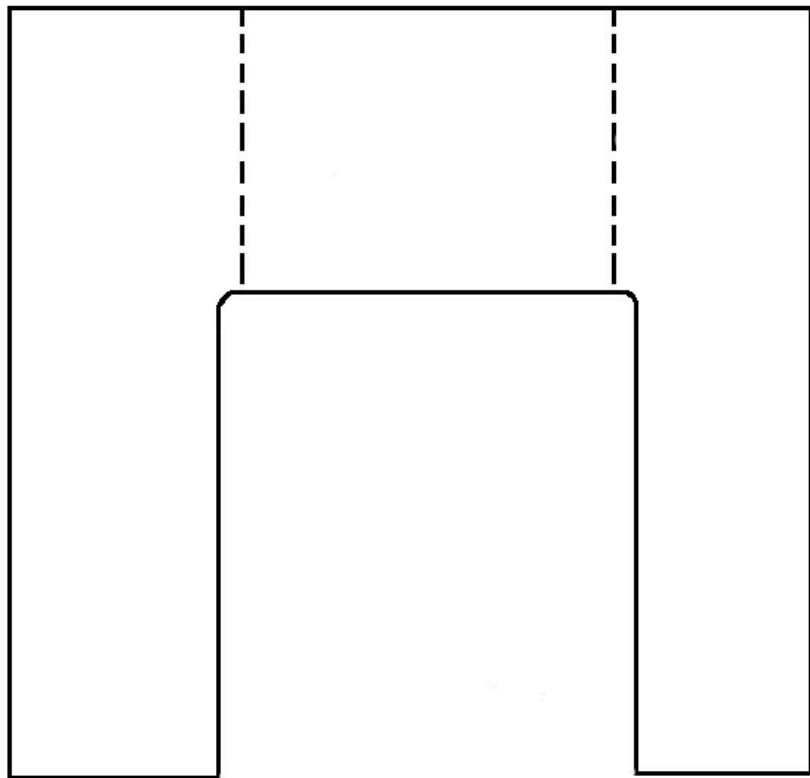
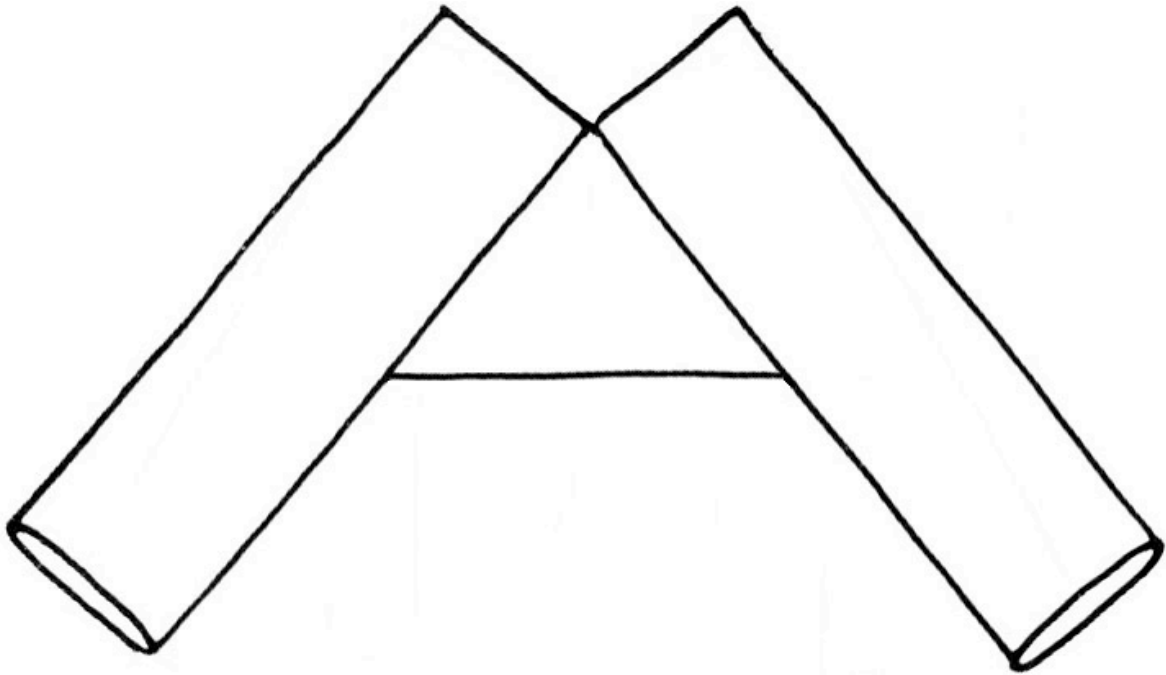
Tai Chi Trousers

Tai Chi Trousers obtainable at shops are typically far from wide enough, making it difficult to perform movements like *Snake Creeps Down* correctly. If a too-tight track suit hinders the full extent of body movement, you will fail to get the full benefit from training. Therefore, it's a very good idea to make your own Tai Chi Trousers - which is actually quite simple. See the various models illustrated below.

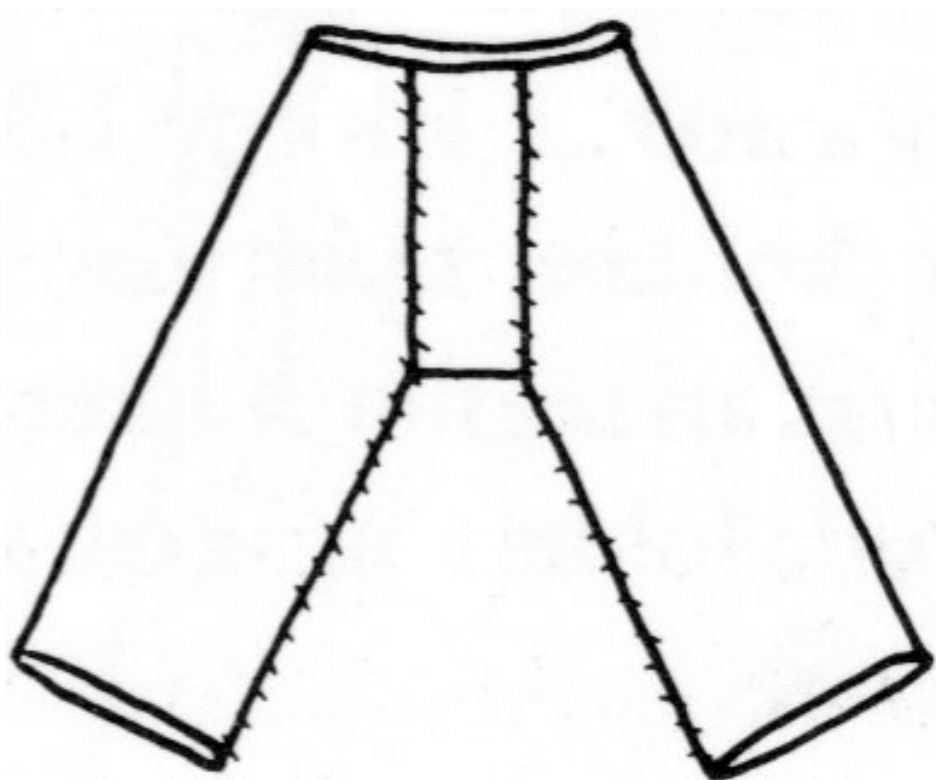
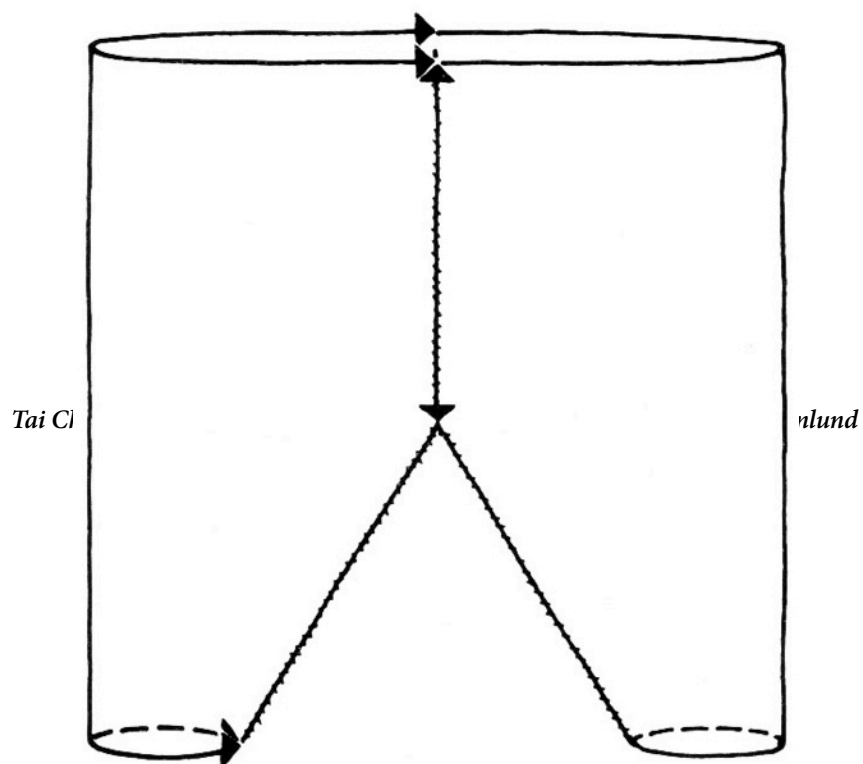
Tai Chi Trousers are best made of silk satin, where the smooth side of the cloth is facing towards the body. Breathing becomes deep and beneficial when elastic is used instead of cord. The ideal for Tai Chi Trousers is to feel that there are no trousers at all, thereby enabling complete freedom of movement.



Tai Chi Trousers



Tai Chi Trousers



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