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Listing of the Claims

1-4. (Canceled)

5. (Previously Presented) A glove comprising:

a fabric portion having a fabric exterior surface throughout; and

an anti-skid portion having an anti-skid exterior surface throughout;

wherein the fabric portion is connected to the anti-skid portion;

wherein the fabric portion includes a dorsal part;

wherein the anti-skid portion includes an outer thumb part;

wherein the outer thumb part overlies a thumb bending axis; and

wherein the outer thumb part is substantially centered about the thumb bending axis.

6-18. (Canceled)

19. (Previously Presented) A glove comprising:

a fabric portion having a fabric exterior surface throughout; and

an anti-skid portion having an anti-skid exterior surface throughout;

wherein the fabric portion is connected to the anti-skid portion;

wherein the fabric portion includes a dorsal part;

wherein the anti-skid portion includes an outer thumb part;

as part of a yoga support system that includes a pair of the gloves and a pair of yoga slippers, wherein the yoga slippers each include:

a slipper fabric portion having a slipper fabric exterior surface throughout; and

a slipper anti-skid portion with a slipper anti-skid exterior surface throughout;

wherein the slipper anti-skid portion includes a sole part, and a pair of side parts overlying both sides of the foot of a user; and

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wherein the side parts extend along substantially all of both sides of the slipper at a level of at least mid-toe height of a wearer.

20. (Canceled)

21. (Previously Presented) A method of performing yoga, comprising:
placing a pair of gloves on respective hands of a yoga practitioner, wherein the gloves each includes a glove anti-skid portion having an anti-skid exterior surface throughout;

placing a pair of slippers on respective feet of the yoga practitioner, wherein the slippers each include a slipper anti-skid exterior surface, wherein the side parts of the slipper anti-skid exterior surface extend along substantially all of both sides of the slipper at a level of at least mid-toe height of a wearer; and

having the yoga practitioner assume a yoga position;

wherein the having includes placing the glove anti-skid surfaces in contact with a rigid surface; and

wherein the having includes placing the slipper anti-skid exterior surfaces in contact with a floor.

22. (Previously Presented) The method of claim 21, wherein the rigid surface is a floor.

23. (Previously Presented) The method of claim 21, wherein the rigid surface is a wall.

24. (Previously Presented) The method of claim 21, wherein the having includes placing outer thumb parts of the gloves against the rigid surface.

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25. (Previously Presented) A yoga support system comprising:
a pair of yoga gloves and a pair of yoga slippers;
wherein the yoga gloves and the yoga slippers are configured for use
simultaneously by a yoga practitioner to prevent slipping by the yoga practitioner;
wherein each of the gloves includes:
a glove fabric portion; and
a glove anti-skid portion connected to the glove fabric portion;
wherein the glove fabric portion is connected to the glove anti-skid portion;
and
wherein each of the yoga slippers includes:
a slipper fabric portion having a slipper fabric exterior surface throughout;
and
a slipper anti-skid portion with a slipper anti-skid exterior surface
throughout;
wherein the slipper anti-skid portion is connected to the slipper fabric portion;
wherein the slipper anti-skid portion includes a sole part, and a pair of side parts
overlying both sides of the foot of a user; and
wherein the side parts extend along substantially all of both sides of the slipper
at a level of at least mid-toe height of a wearer.

26. (Original) The system of claim 25,
wherein the glove anti-skid portion includes an outer thumb part; and
wherein the glove fabric portion includes an inner thumb part.

27. (Original) The system of claim 26, wherein the glove fabric portion further
includes a dorsal part.

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28. (Previously Presented) The system of claim 44, wherein the glove anti-skid portion also includes a palm part.

29. (Previously Presented) The system of claim 44, wherein the glove anti-skid portion also includes finger pad surfaces of the glove.

30. (Previously Presented) The system of claim 44, wherein the glove fabric portion also includes an inner thumb part.

31. (Previously Presented) The system of claim 44, wherein the fabric underlayer and the glove fabric portion are parts a continuous, unitary layer of a fabric material.

32. (Previously Presented) The system of claim 31, wherein the fabric material is breathable.

33. (Previously Presented) The system of claim 31, wherein the fabric material is stretchable.

34. (Previously Presented) The system of claim 44, wherein the anti-skid material is adhesively bonded to the fabric underlayer.

35. (Previously Presented) The system of claim 44, wherein the glove anti-skid portion includes rubber.

36. (Previously Presented) The system of claim 44, wherein the glove anti-skid portion includes polyurethane foam.

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37. (Previously Presented) The system of claim 44, wherein the anti-skid exterior surface of the glove anti-skid portion has a textured surface.

38. (Previously Presented) The system of claim 37, wherein the textured surface includes grit particles.

39. (Previously Presented) The system of claim 37, wherein the textured surfaced includes a treaded surface.

40. (Previously Presented) The method of claim 21, wherein each of the gloves further includes a fabric portion having a fabric exterior surface throughout; wherein the fabric portion is connected to the anti-skid portion; wherein the fabric portion includes a dorsal part; wherein the anti-skid portion includes an outer thumb part; and wherein the fabric portion also includes a thumb pad part.

41. (Previously Presented) The method of claim 21, wherein each of the gloves further includes a fabric portion having a fabric exterior surface throughout; and wherein the fabric portion is connected to the anti-skid portion; wherein the fabric portion includes a dorsal part; wherein the anti-skid portion includes an outer thumb part; wherein the anti-skid portion includes an anti-skid material that is attached to a fabric underlayer; and wherein the anti-skid material is a continuous, unitary layer.

42. (Previously Presented) The system of claim 25, wherein: the fabric portion of each of the gloves also includes a thumb pad part.

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43. (Previously Presented) The system of claim 25, wherein:
the anti-skid portion of each of the gloves is a continuous, unitary layer.

44. (Previously Presented) The system of claim 25,
wherein the glove fabric portion has a fabric exterior surface throughout;
wherein the glove anti-skid portion has an anti-skid exterior surface throughout;
wherein the glove fabric portion includes a dorsal part;
wherein the glove anti-skid portion includes an outer thumb part; and
wherein the glove anti-skid portion includes an anti-skid material that is attached
to a fabric underlayer.

45. (Previously Presented) The system of claim 44, wherein the glove anti-skid
material is a continuous, unitary layer.

46. (Canceled)