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FRICTIONAL SUPPORT**(52) **U.S. Cl.**CPC *A41D 13/0015* (2013.01)(71) Applicant: **Jasen L. Webb**, Woodstock, GA (US)(72) Inventor: **Jasen L. Webb**, Woodstock, GA (US)(21) Appl. No.: **15/214,110**(22) Filed: **Jul. 19, 2016****Related U.S. Application Data**

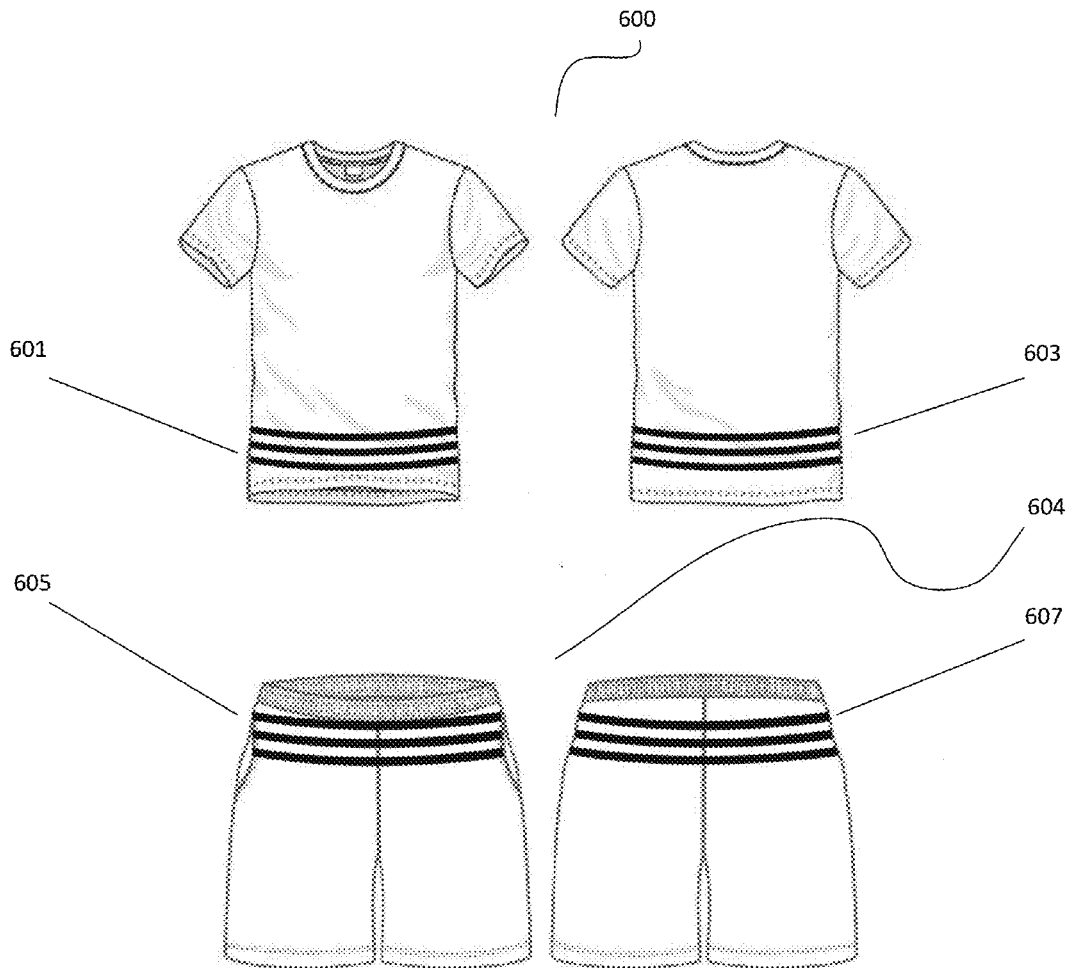
(60) Provisional application No. 62/194,266, filed on Jul. 19, 2015, now abandoned.

Publication Classification(51) **Int. Cl.***A41D 13/00* (2006.01)

(57)

ABSTRACT

A garment configured to aid in frictional support for a user during an exercise to reduce slipping and sliding between the garment and an object. The garment includes gripping areas located on a front or back of the garment. Gripping areas of various different shapes and sizes may be located in a multiplicity of suitable areas of the garment. Gripping areas may be applied to an outer and/or inner surface of the fabric of the garment. Gripping areas may be made of a grip material that exerts a greater frictional force on the object in contact with the gripping areas. Gripping areas may include multiple gripping members of various different shapes and patterns. These various gripping patterns and shapes enable the gripping areas to provide an aesthetically pleasing and functional garment, at the same time, maintain the breathability of the fabric from which the garment is made.



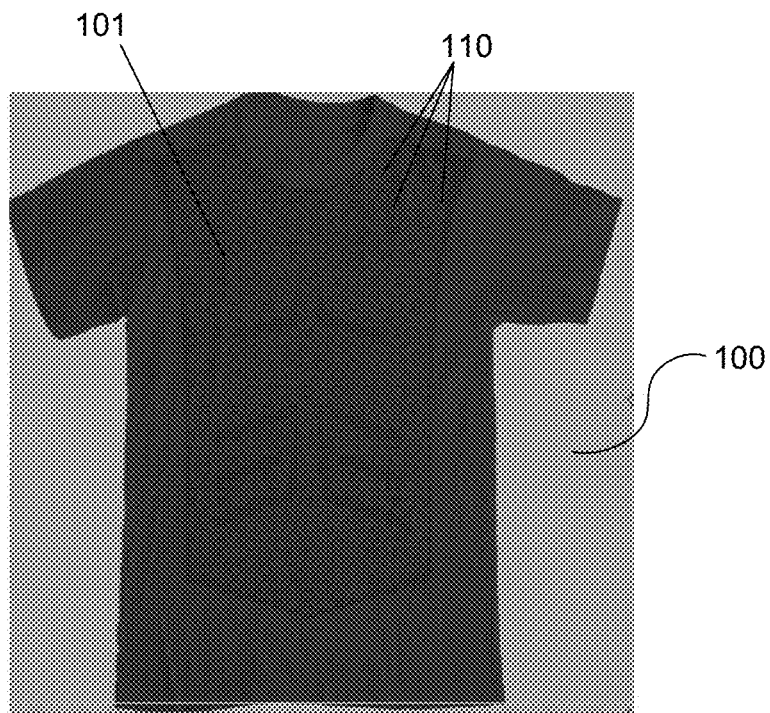


Figure 1A

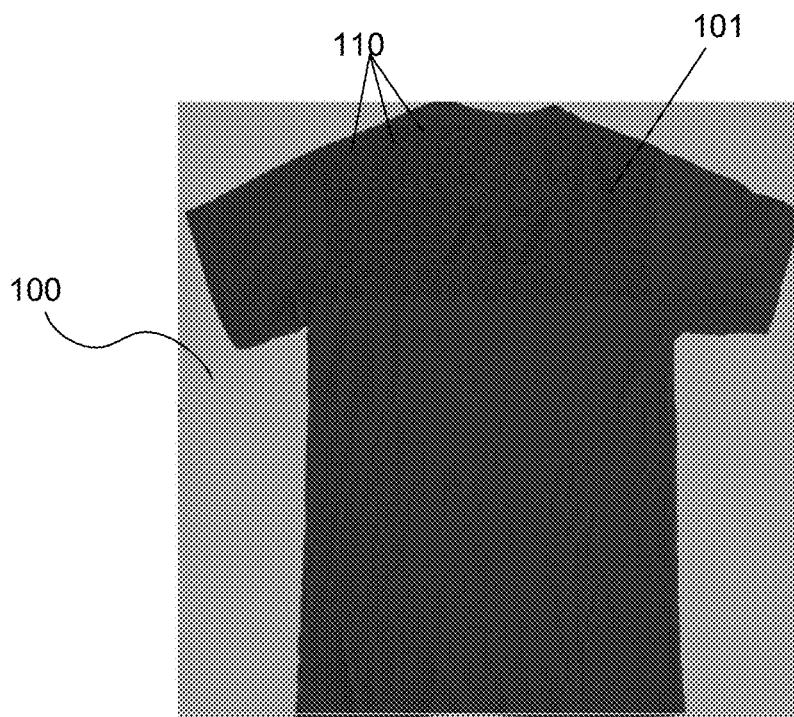


Figure 1B

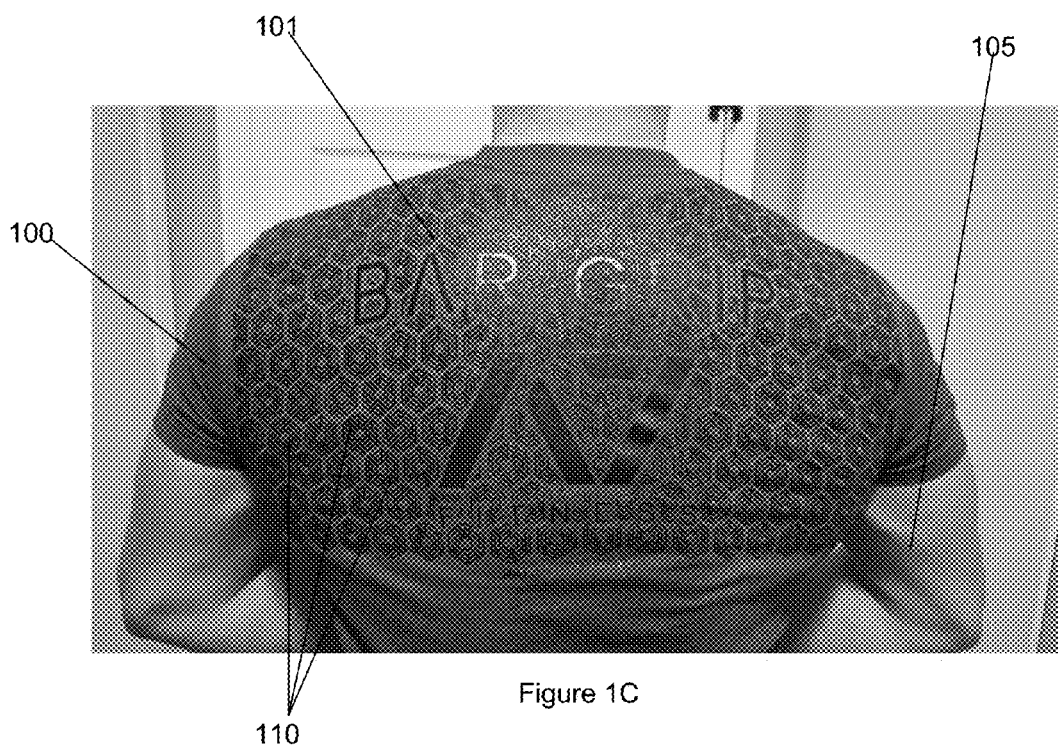




Figure 2A



Figure 2B

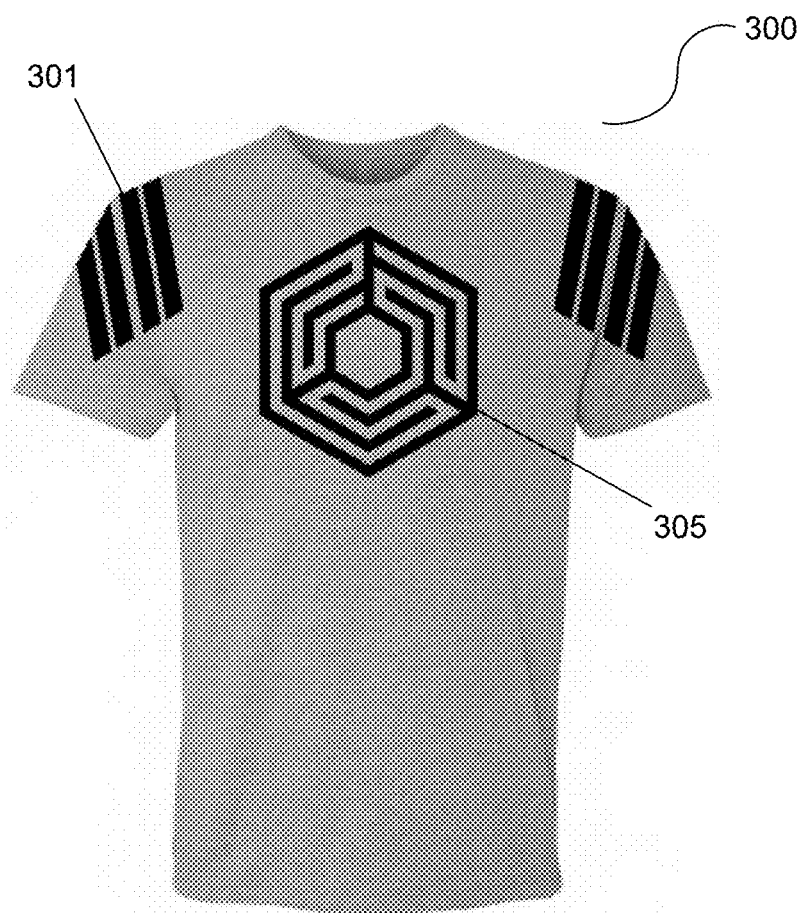


Figure 3

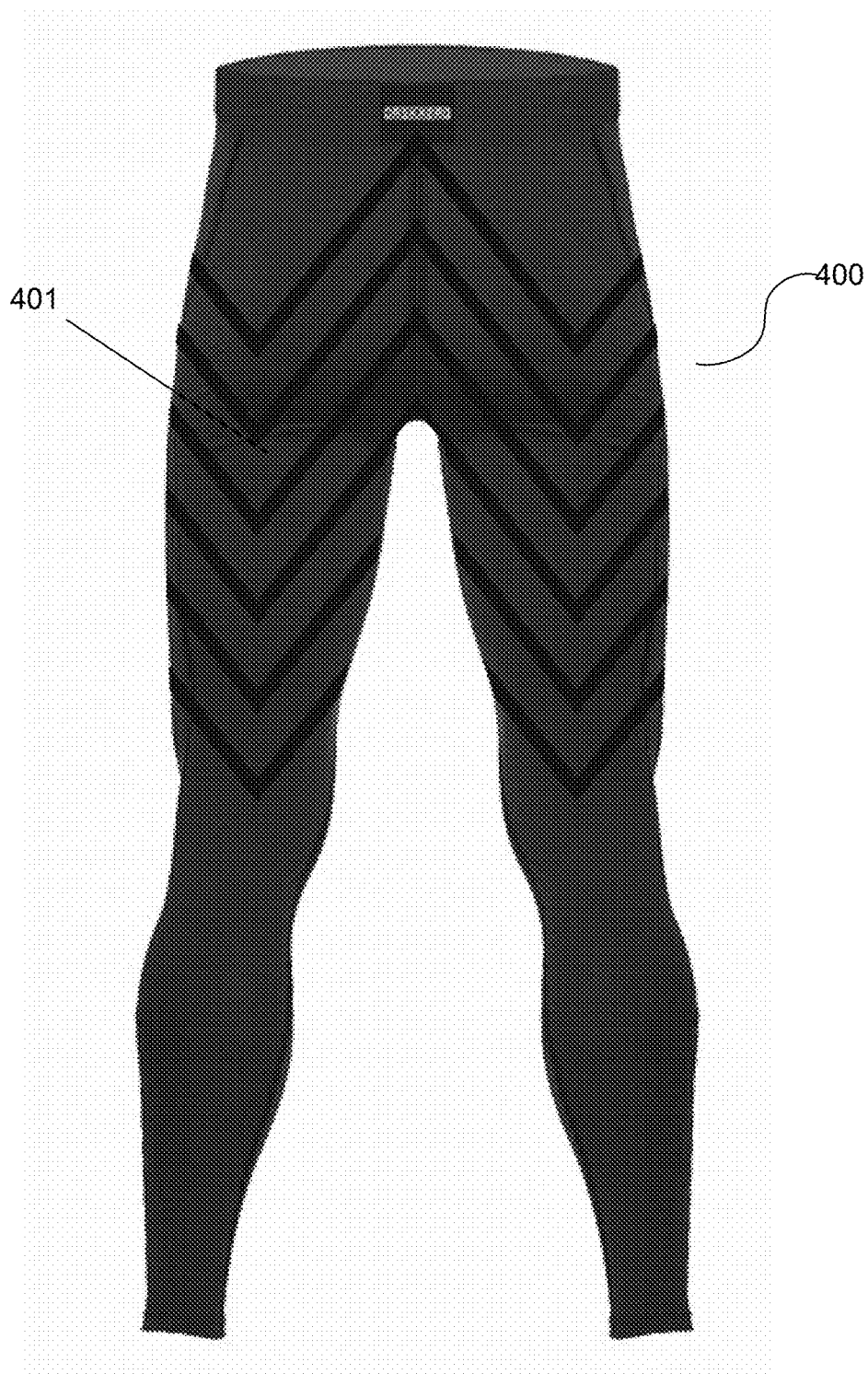


Figure 4



Figure 5

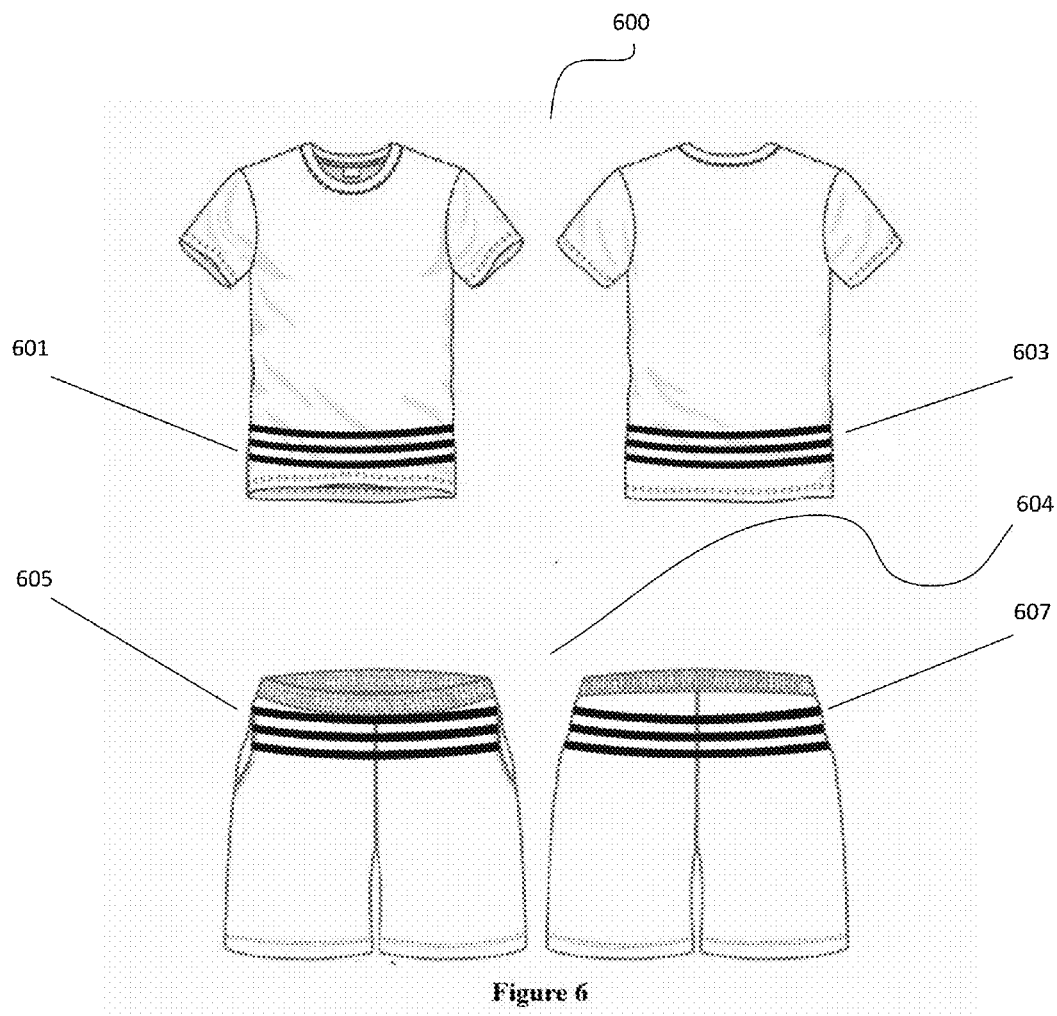


Figure 6

FUNCTIONAL AND AESTHETIC FRICTIONAL SUPPORT

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] The present Utility patent application claims priority benefit of the U.S. provisional application for patent Ser. No. 62/194,266 entitled “BAR GRIP SHIRT” filed 19 Jul. 2015 under 35 U.S.C. 119(e). The contents of this related provisional application are incorporated herein by reference for all purposes to the extent that such subject matter is not inconsistent herewith or limiting hereof.

RELATED CO-PENDING U.S. PATENT APPLICATIONS

[0002] Not applicable.

INCORPORATION BY REFERENCE OF SEQUENCE LISTING PROVIDED AS A TEXT FILE

[0003] Not applicable.

FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0004] Not applicable.

REFERENCE TO SEQUENCE LISTING, A TABLE, OR A COMPUTER LISTING APPENDIX

[0005] Not applicable.

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BACKGROUND OF THE RELEVANT PRIOR ART

[0007] One or more embodiments of the invention generally relate to clothing. More particularly, certain embodiments of the invention relate to a garment comprising a grip surface on the fabric.

[0008] The following background information may present examples of specific aspects of the prior art (e.g., without limitation, approaches, facts, or common wisdom) that, while expected to be helpful to further educate the reader as to additional aspects of the prior art, is not to be construed as limiting the present invention, or any embodiments thereof, to anything stated or implied therein or inferred thereupon. It is believed that when performing particular exercises where an individual is holding a heavy object or where a portion of the individual's body is in contact with a surface, the individual may be challenged by slippage between his body and the object or the surface. Such exercises may include, without limitation, barbell back squats, barbell front squats, hip thrusts, yoke carries, bench press exercises, log presses, stone lifts, tire flips, sit ups,

stability ball exercises, wall squats, etc. In some instances, individuals may use chalk to combat the slippage.

[0009] By way of educational background, an aspect of the related technology generally useful to be aware of is that a currently available method for creating slip resisting garments utilizes a multilayer laminate structure with non-slip surfaces both inside and outside the apparel to provide frictional support in small areas.

[0010] In view of the foregoing, it is clear that these traditional techniques are not perfect and leave room for more optimal approaches.

BRIEF DESCRIPTION OF THE DRAWINGS

[0011] The present invention is illustrated by way of example, and not by way of limitation, in the figures of the accompanying drawings and in which like reference numerals refer to similar elements and in which:

[0012] FIGS. 1A, 1B, and 1C illustrate an exemplary garment with gripping areas, in accordance with an embodiment of the present invention. FIG. 1A is a diagrammatic front view of the garment. FIG. 1B is a diagrammatic rear view of the garment, and FIG. 1C is a diagrammatic rear view of the garment being worn by a user;

[0013] FIGS. 2A and 2B illustrate an exemplary garment with gripping areas, in accordance with an embodiment of the present invention. FIG. 2A is a diagrammatic front view of the garment, and FIG. 2B is a diagrammatic rear view of the garment;

[0014] FIG. 3 is a diagrammatic front view of an exemplary garment with gripping areas, in accordance with an embodiment of the present invention;

[0015] FIG. 4 is a diagrammatic rear view of an exemplary garment with gripping areas, in accordance with an embodiment of the present invention; and

[0016] FIG. 5 is a diagrammatic rear view of an exemplary garment with gripping areas, in accordance with an embodiment of the present invention.

[0017] FIG. 6 is a diagrammatic front and rear view of an exemplary garment with gripping areas, in accordance with an embodiment of the present invention.

[0018] Unless otherwise indicated illustrations in the figures are not necessarily drawn to scale.

DETAILED DESCRIPTION OF SOME EMBODIMENTS

[0019] The present invention is best understood by reference to the detailed figures and description set forth herein.

[0020] Embodiments of the invention are discussed below with reference to the Figures. However, those skilled in the art will readily appreciate that the detailed description given herein with respect to these figures is for explanatory purposes as the invention extends beyond these limited embodiments. For example, it should be appreciated that those skilled in the art will, in light of the teachings of the present invention, recognize a multiplicity of alternate and suitable approaches, depending upon the needs of the particular application, to implement the functionality of any given detail described herein, beyond the particular implementation choices in the following embodiments described and shown. That is, there are modifications and variations of the invention that are too numerous to be listed but that all fit within the scope of the invention. Also, singular words should be read as plural and vice versa and masculine as

feminine and vice versa, where appropriate, and alternative embodiments do not necessarily imply that the two are mutually exclusive.

[0021] It is to be further understood that the present invention is not limited to the particular methodology, compounds, materials, manufacturing techniques, uses, and applications, described herein, as these may vary. It is also to be understood that the terminology used herein is used for the purpose of describing particular embodiments only, and is not intended to limit the scope of the present invention. It must be noted that as used herein and in the appended claims, the singular forms “a,” “an,” and “the” include the plural reference unless the context clearly dictates otherwise. Thus, for example, a reference to “an element” is a reference to one or more elements and includes equivalents thereof known to those skilled in the art. Similarly, for another example, a reference to “a step” or “a means” is a reference to one or more steps or means and may include sub-steps and subservient means. All conjunctions used are to be understood in the most inclusive sense possible. Thus, the word “or” should be understood as having the definition of a logical “or” rather than that of a logical “exclusive or” unless the context clearly necessitates otherwise. Structures described herein are to be understood also to refer to functional equivalents of such structures. Language that may be construed to express approximation should be so understood unless the context clearly dictates otherwise.

[0022] All words of approximation as used in the present disclosure and claims should be construed to mean “approximate,” rather than “perfect,” and may accordingly be employed as a meaningful modifier to any other word, specified parameter, quantity, quality, or concept. Words of approximation, include, yet are not limited to terms such as “substantial,” “nearly,” “almost,” “about,” “generally,” “largely,” “essentially,” “closely approximate,” etc.

[0023] As will be established in some detail below, it is well settled law, as early as 1939, that words of approximation are not indefinite in the claims even when such limits are not defined or specified in the specification.

[0024] For example, see *Ex parte Mallory*, 52 USPQ 297, 297 (Pat. Off. Bd. App. 1941) where the court said “The examiner has held that most of the claims are inaccurate because apparently the laminar film will not be entirely eliminated. The claims specify that the film is “substantially” eliminated and for the intended purpose, it is believed that the slight portion of the film which may remain is negligible. We are of the view, therefore, that the claims may be regarded as sufficiently accurate.”

[0025] Note that claims need only “reasonably apprise those skilled in the art” as to their scope to satisfy the definiteness requirement. See *Energy Absorption Sys., Inc. v. Roadway Safety Servs., Inc.*, Civ. App. 96-1264, slip op. at 10 (Fed. Cir. Jul. 3, 1997) (unpublished) *Hybridtech v. Monoclonal Antibodies, Inc.*, 802 F.2d 1367, 1385, 231 USPQ 81, 94 (Fed. Cir. 1986), cert. denied, 480 U.S. 947 (1987). In addition, the use of modifiers in the claim, like “generally” and “substantial,” does not by itself render the claims indefinite. See *Seattle Box Co. v. Industrial Crating & Packing, Inc.*, 731 F.2d 818, 828-29, 221 USPQ 568, 575-76 (Fed. Cir. 1984).

[0026] Moreover, the ordinary and customary meaning of terms like “substantially” includes “reasonably close to: nearly, almost, about”, connoting a term of approximation. See *In re Frye*, Appeal No. 2009-006013, 94 USPQ2d 1072,

1077, 2010 WL 889747 (B.P.A.I. 2010) Depending on its usage, the word “substantially” can denote either language of approximation or language of magnitude. *Deering Precision Instruments, L.L.C. v. Vector Distribution Sys., Inc.*, 347 F.3d 1314, 1323 (Fed. Cir. 2003) (recognizing the “dual ordinary meaning of th[e] term [“substantially”] as connoting a term of approximation or a term of magnitude”). Here, when referring to the “substantially halfway” limitation, the Specification uses the word “approximately” as a substitute for the word “substantially” (Fact 4). (Fact 4). The ordinary meaning of “substantially halfway” is thus reasonably close to or nearly at the midpoint between the forwardmost point of the upper or outsole and the rearwardmost point of the upper or outsole.

[0027] Similarly, the term ‘substantially’ is well recognize in case law to have the dual ordinary meaning of connoting a term of approximation or a term of magnitude. See *Dana Corp. v. American Axle & Manufacturing, Inc.*, Civ. App. 04-1116, 2004 U.S. App. LEXIS 18265, *13-14 (Fed. Cir. Aug. 27, 2004) (unpublished). The term “substantially” is commonly used by claim drafters to indicate approximation. See *Cordis Corp. v. Medtronic AVE Inc.*, 339 F.3d 1352, 1360 (Fed. Cir. 2003) (“The patents do not set out any numerical standard by which to determine whether the thickness of the wall surface is ‘substantially uniform.’ The term ‘substantially,’ as used in this context, denotes approximation. Thus, the walls must be of largely or approximately uniform thickness.”); see also *Deering Precision Instruments, LLC v. Vector Distribution Sys., Inc.*, 347 F.3d 1314, 1322 (Fed. Cir. 2003); *Epcon Gas Sys., Inc. v. Bauer Compressors, Inc.*, 279 F.3d 1022, 1031 (Fed. Cir. 2002). We find that the term “substantially” was used in just such a manner in the claims of the patents-in-suit: “substantially uniform wall thickness” denotes a wall thickness with approximate uniformity.

[0028] It should also be noted that such words of approximation as contemplated in the foregoing clearly limits the scope of claims such as saying ‘generally parallel’ such that the adverb ‘generally’ does not broaden the meaning of parallel. Accordingly, it is well settled that such words of approximation as contemplated in the foregoing (e.g., like the phrase ‘generally parallel’) envisions some amount of deviation from perfection (e.g., not exactly parallel), and that such words of approximation as contemplated in the foregoing are descriptive terms commonly used in patent claims to avoid a strict numerical boundary to the specified parameter. To the extent that the plain language of the claims relying on such words of approximation as contemplated in the foregoing are clear and uncontradicted by anything in the written description herein or the figures thereof, it is improper to rely upon the present written description, the figures, or the prosecution history to add limitations to any of the claim of the present invention with respect to such words of approximation as contemplated in the foregoing. That is, under such circumstances, relying on the written description and prosecution history to reject the ordinary and customary meanings of the words themselves is impermissible. See, for example, *Liquid Dynamics Corp. v. Vaughan Co.*, 355 F.3d 1361, 69 USPQ2d 1595, 1600-01 (Fed. Cir. 2004). The plain language of phrase 2 requires a “substantial helical flow.” The term “substantial” is a meaningful modifier implying “approximate,” rather than “perfect.” In *Cordis Corp. v. Medtronic AVE, Inc.*, 339 F.3d 1352, 1361 (Fed. Cir. 2003), the district court imposed a precise numeric

constraint on the term “substantially uniform thickness.” We noted that the proper interpretation of this term was “of largely or approximately uniform thickness” unless something in the prosecution history imposed the “clear and unmistakable disclaimer” needed for narrowing beyond this simple-language interpretation. *Id.* In *Anchor Wall Systems v. Rockwood Retaining Walls, Inc.*, 340 F.3d 1298, 1311 (Fed. Cir. 2003)” *Id.* at 1311. Similarly, the plain language of claim 1 requires neither a perfectly helical flow nor a flow that returns precisely to the center after one rotation (a limitation that arises only as a logical consequence of requiring a perfectly helical flow).

[0029] The reader should appreciate that case law generally recognizes a dual ordinary meaning of such words of approximation, as contemplated in the foregoing, as connoting a term of approximation or a term of magnitude; e.g., see *Deering Precision Instruments, L.L.C. v. Vector Distrib. Sys., Inc.*, 347 F.3d 1314, 68 USPQ2d 1716, 1721 (Fed. Cir. 2003), cert. denied, 124 S. Ct. 1426 (2004) where the court was asked to construe the meaning of the term “substantially” in a patent claim. Also see *Epcon*, 279 F.3d at 1031 (“The phrase ‘substantially constant’ denotes language of approximation, while the phrase ‘substantially below’ signifies language of magnitude, i.e., not insubstantial.”). Also, see, e.g., *Epcon Gas Sys., Inc. v. Bauer Compressors, Inc.*, 279 F.3d 1022 (Fed. Cir. 2002) (construing the terms “substantially constant” and “substantially below”); *Zodiac Pool Care, Inc. v. Hoffinger Indus., Inc.*, 206 F.3d 1408 (Fed. Cir. 2000) (construing the term “substantially inward”); *York Prods., Inc. v. Cent. Tractor Farm & Family Ctr.*, 99 F.3d 1568 (Fed. Cir. 1996) (construing the term “substantially the entire height thereof”); *Tex. Instruments Inc. v. Cypress Semiconductor Corp.*, 90 F.3d 1558 (Fed. Cir. 1996) (construing the term “substantially in the common plane”). In conducting their analysis, the court instructed to begin with the ordinary meaning of the claim terms to one of ordinary skill in the art. *Prima Tek*, 318 F.3d at 1148. Reference to dictionaries and our cases indicates that the term “substantially” has numerous ordinary meanings. As the district court stated, “substantially” can mean “significantly” or “considerably.” The term “substantially” can also mean “largely” or “essentially.” Webster’s New 20th Century Dictionary 1817 (1983).

[0030] Words of approximation, as contemplated in the foregoing, may also be used in phrases establishing approximate ranges or limits, where the end points are inclusive and approximate, not perfect; e.g., see *AK Steel Corp. v. Sollac*, 344 F.3d 1234, 68 USPQ2d 1280, 1285 (Fed. Cir. 2003) where it where the court said [W]e conclude that the ordinary meaning of the phrase “up to about 10%” includes the “about 10%” endpoint. As pointed out by *AK Steel*, when an object of the preposition “up to” is nonnumeric, the most natural meaning is to exclude the object (e.g., painting the wall up to the door). On the other hand, as pointed out by *Sollac*, when the object is a numerical limit, the normal meaning is to include that upper numerical limit (e.g., counting up to ten, seating capacity for up to seven passengers). Because we have here a numerical limit—“about 10%”—the ordinary meaning is that that endpoint is included.

[0031] In the present specification and claims, a goal of employment of such words of approximation, as contemplated in the foregoing, is to avoid a strict numerical boundary to the modified specified parameter, as sanctioned

by *Pall Corp. v. Micron Separations, Inc.*, 66 F.3d 1211, 1217, 36 USPQ2d 1225, 1229 (Fed. Cir. 1995) where it states “It is well established that when the term “substantially” serves reasonably to describe the subject matter so that its scope would be understood by persons in the field of the invention, and to distinguish the claimed subject matter from the prior art, it is not indefinite.” Likewise see *Verve LLC v. Crane Cams Inc.*, 311 F.3d 1116, 65 USPQ2d 1051, 1054 (Fed. Cir. 2002). Expressions such as “substantially” are used in patent documents when warranted by the nature of the invention, in order to accommodate the minor variations that may be appropriate to secure the invention. Such usage may well satisfy the charge to “particularly point out and distinctly claim” the invention, 35 U.S.C. §112, and indeed may be necessary in order to provide the inventor with the benefit of his invention. In *Andrew Corp. v. Gabriel Elecs. Inc.*, 847 F.2d 819, 821-22, 6 USPQ2d 2010, 2013 (Fed. Cir. 1988) the court explained that usages such as “substantially equal” and “closely approximate” may serve to describe the invention with precision appropriate to the technology and without intruding on the prior art. The court again explained in *Ecolab Inc. v. Envirochem, Inc.*, 264 F.3d 1358, 1367, 60 USPQ2d 1173, 1179 (Fed. Cir. 2001) that “like the term ‘about,’ the term ‘substantially’ is a descriptive term commonly used in patent claims to avoid a strict numerical boundary to the specified parameter,” see *Ecolab Inc. v. Envirochem Inc.*, 264 F.3d 1358, 60 USPQ2d 1173, 1179 (Fed. Cir. 2001) where the court found that the use of the term “substantially” to modify the term “uniform” does not render this phrase so unclear such that there is no means by which to ascertain the claim scope.

[0032] Similarly, other courts have noted that like the term “about,” the term “substantially” is a descriptive term commonly used in patent claims to “avoid a strict numerical boundary to the specified parameter.”; e.g., see *Pall Corp. v. Micron Seps.*, 66 F.3d 1211, 1217, 36 USPQ2d 1225, 1229 (Fed. Cir. 1995); see, e.g., *Andrew Corp. v. Gabriel Elecs. Inc.*, 847 F.2d 819, 821-22, 6 USPQ2d 2010, 2013 (Fed. Cir. 1988) (noting that terms such as “approach each other,” “close to,” “substantially equal,” and “closely approximate” are ubiquitously used in patent claims and that such usages, when serving reasonably to describe the claimed subject matter to those of skill in the field of the invention, and to distinguish the claimed subject matter from the prior art, have been accepted in patent examination and upheld by the courts). In this case, “substantially” avoids the strict 100% nonuniformity boundary.

[0033] Indeed, the foregoing sanctioning of such words of approximation, as contemplated in the foregoing, has been established as early as 1939, see *Ex parte Mallory*, 52 USPQ 297, 297 (Pat. Off. Bd. App. 1941) where, for example, the court said “the claims specify that the film is “substantially” eliminated and for the intended purpose, it is believed that the slight portion of the film which may remain is negligible. We are of the view, therefore, that the claims may be regarded as sufficiently accurate.” Similarly, In *re Hutchison*, 104 F.2d 829, 42 USPQ 90, 93 (C.C.P.A. 1939) the court said “It is realized that “substantial distance” is a relative and somewhat indefinite term, or phrase, but terms and phrases of this character are not uncommon in patents in cases where, according to the art involved, the meaning can be determined with reasonable clearness.”

[0034] Hence, for at least the forgoing reason, Applicants submit that it is improper for any examiner to hold as indefinite any claims of the present patent that employ any words of approximation.

[0035] Unless defined otherwise, all technical and scientific terms used herein have the same meanings as commonly understood by one of ordinary skill in the art to which this invention belongs. Preferred methods, techniques, devices, and materials are described, although any methods, techniques, devices, or materials similar or equivalent to those described herein may be used in the practice or testing of the present invention. Structures described herein are to be understood also to refer to functional equivalents of such structures. The present invention will be described in detail below with reference to embodiments thereof as illustrated in the accompanying drawings.

[0036] References to a “device,” an “apparatus,” a “system,” etc., in the preamble of a claim should be construed broadly to mean “any structure meeting the claim terms” exempt for any specific structure(s)/type(s) that has/(have) been explicitly disavowed or excluded or admitted/implicit as prior art in the present specification or incapable of enabling an object/aspect/goal of the invention. Furthermore, where the present specification discloses an object, aspect, function, goal, result, or advantage of the invention that a specific prior art structure and/or method step is similarly capable of performing yet in a very different way, the present invention disclosure is intended to and shall also implicitly include and cover additional corresponding alternative embodiments that are otherwise identical to that explicitly disclosed except that they exclude such prior art structure(s)/step(s), and shall accordingly be deemed as providing sufficient disclosure to support a corresponding negative limitation in a claim claiming such alternative embodiment(s), which exclude such very different prior art structure(s)/step(s) way(s).

[0037] From reading the present disclosure, other variations and modifications will be apparent to persons skilled in the art. Such variations and modifications may involve equivalent and other features which are already known in the art, and which may be used instead of or in addition to features already described herein.

[0038] Although Claims have been formulated in this Application to particular combinations of features, it should be understood that the scope of the disclosure of the present invention also includes any novel feature or any novel combination of features disclosed herein either explicitly or implicitly or any generalization thereof, whether or not it relates to the same invention as presently claimed in any Claim and whether or not it mitigates any or all of the same technical problems as does the present invention.

[0039] Features which are described in the context of separate embodiments may also be provided in combination in a single embodiment. Conversely, various features which are, for brevity, described in the context of a single embodiment, may also be provided separately or in any suitable subcombination. The Applicants hereby give notice that new Claims may be formulated to such features and/or combinations of such features during the prosecution of the present Application or of any further Application derived therefrom.

[0040] References to “one embodiment,” “an embodiment,” “example embodiment,” “various embodiments,” “some embodiments,” “embodiments of the invention,” etc., may indicate that the embodiment(s) of the invention so

described may include a particular feature, structure, or characteristic, but not every possible embodiment of the invention necessarily includes the particular feature, structure, or characteristic. Further, repeated use of the phrase “in one embodiment,” or “in an exemplary embodiment,” “an embodiment,” do not necessarily refer to the same embodiment, although they may. Moreover, any use of phrases like “embodiments” in connection with “the invention” are never meant to characterize that all embodiments of the invention must include the particular feature, structure, or characteristic, and should instead be understood to mean “at least some embodiments of the invention” includes the stated particular feature, structure, or characteristic.

[0041] References to “user”, or any similar term, as used herein, may mean a human or non-human user thereof. Moreover, “user”, or any similar term, as used herein, unless expressly stipulated otherwise, is contemplated to mean users at any stage of the usage process, to include, without limitation, direct user(s), intermediate user(s), indirect user(s), and end user(s). The meaning of “user”, or any similar term, as used herein, should not be otherwise inferred or induced by any pattern(s) of description, embodiments, examples, or referenced prior-art that may (or may not) be provided in the present patent.

[0042] References to “end user”, or any similar term, as used herein, are generally intended to mean late stage user(s) as opposed to early stage user(s). Hence, it is contemplated that there may be a multiplicity of different types of “end user” near the end stage of the usage process. Where applicable, especially with respect to distribution channels of embodiments of the invention comprising consumed retail products/services thereof (as opposed to sellers/vendors or Original Equipment Manufacturers), examples of an “end user” may include, without limitation, a “consumer”, “buyer”, “customer”, “purchaser”, “shopper”, “enjoyer”, “viewer”, or individual person or non-human thing benefiting in any way, directly or indirectly, from use of, or interaction with, some aspect of the present invention.

[0043] In some situations, some embodiments of the present invention may provide beneficial usage to more than one stage or type of usage in the foregoing usage process. In such cases where multiple embodiments targeting various stages of the usage process are described, references to “end user”, or any similar term, as used therein, are generally intended to not include the user that is the furthest removed, in the foregoing usage process, from the final user therein of an embodiment of the present invention.

[0044] Where applicable, especially with respect to retail distribution channels of embodiments of the invention, intermediate user(s) may include, without limitation, any individual person or non-human thing benefiting in any way, directly or indirectly, from use of, or interaction with, some aspect of the present invention with respect to selling, vending, Original Equipment Manufacturing, marketing, merchandising, distributing, service providing, and the like thereof.

[0045] References to “person”, “individual”, “human”, “a party”, “animal”, “creature”, or any similar term, as used herein, even if the context or particular embodiment implies living user, maker, or participant, it should be understood that such characterizations are sole by way of example, and not limitation, in that it is contemplated that any such usage, making, or participation by a living entity in connection with making, using, and/or participating, in any way, with

embodiments of the present invention may be substituted by such similar performed by a suitably configured non-living entity, to include, without limitation, automated machines, robots, humanoids, computational systems, information processing systems, artificially intelligent systems, and the like. It is further contemplated that those skilled in the art will readily recognize the practical situations where such living makers, users, and/or participants with embodiments of the present invention may be in whole, or in part, replaced with such non-living makers, users, and/or participants with embodiments of the present invention. Likewise, when those skilled in the art identify such practical situations where such living makers, users, and/or participants with embodiments of the present invention may be in whole, or in part, replaced with such non-living makers, it will be readily apparent in light of the teachings of the present invention how to adapt the described embodiments to be suitable for such non-living makers, users, and/or participants with embodiments of the present invention. Thus, the invention is thus to also cover all such modifications, equivalents, and alternatives falling within the spirit and scope of such adaptations and modifications, at least in part, for such non-living entities.

[0046] Headings provided herein are for convenience and are not to be taken as limiting the disclosure in any way.

[0047] The enumerated listing of items does not imply that any or all of the items are mutually exclusive, unless expressly specified otherwise.

[0048] It is understood that the use of specific component, device and/or parameter names are for example only and not meant to imply any limitations on the invention. The invention may thus be implemented with different nomenclature/terminology utilized to describe the mechanisms/units/structures/components/devices/parameters herein, without limitation. Each term utilized herein is to be given its broadest interpretation given the context in which that term is utilized.

TERMINOLOGY

[0049] The following paragraphs provide definitions and/or context for terms found in this disclosure (including the appended claims):

[0050] “Comprising.” This term is open-ended. As used in the appended claims, this term does not foreclose additional structure or steps. Consider a claim that recites: “A memory controller comprising a system cache . . .” Such a claim does not foreclose the memory controller from including additional components (e.g., a memory channel unit, a switch).

[0051] “Configured To.” Various units, circuits, or other components may be described or claimed as “configured to” perform a task or tasks. In such contexts, “configured to” or “operable for” is used to connote structure by indicating that the mechanisms/units/circuits/components include structure (e.g., circuitry and/or mechanisms) that performs the task or tasks during operation. As such, the mechanisms/unit/circuit/component can be said to be configured to (or be operable) for perform(ing) the task even when the specified mechanisms/unit/circuit/component is not currently operational (e.g., is not on). The mechanisms/units/circuits/components used with the “configured to” or “operable for” language include hardware—for example, mechanisms, structures, electronics, circuits, memory storing program instructions executable to implement the operation, etc. Reciting that a mechanism/unit/circuit/component is “con-

figured to” or “operable for” perform(ing) one or more tasks is expressly intended not to invoke 35 U.S.C. sectn.112, sixth paragraph, for that mechanism/unit/circuit/component. “Configured to” may also include adapting a manufacturing process to fabricate devices or components that are adapted to implement or perform one or more tasks.

[0052] “Based On.” As used herein, this term is used to describe one or more factors that affect a determination. This term does not foreclose additional factors that may affect a determination. That is, a determination may be solely based on those factors or based, at least in part, on those factors. Consider the phrase “determine A based on B.” While B may be a factor that affects the determination of A, such a phrase does not foreclose the determination of A from also being based on C. In other instances, A may be determined based solely on B.

[0053] The terms “a”, “an” and “the” mean “one or more”, unless expressly specified otherwise.

[0054] Unless otherwise indicated, all numbers expressing conditions, concentrations, dimensions, and so forth used in the specification and claims are to be understood as being modified in all instances by the term “about.” Accordingly, unless indicated to the contrary, the numerical parameters set forth in the following specification and attached claims are approximations that may vary depending at least upon a specific analytical technique.

[0055] The term “comprising,” which is synonymous with “including,” “containing,” or “characterized by” is inclusive or open-ended and does not exclude additional, unrecited elements or method steps. “Comprising” is a term of art used in claim language which means that the named claim elements are essential, but other claim elements may be added and still form a construct within the scope of the claim.

[0056] As used herein, the phrase “consisting of” excludes any element, step, or ingredient not specified in the claim. When the phrase “consists of” (or variations thereof) appears in a clause of the body of a claim, rather than immediately following the preamble, it limits only the element set forth in that clause; other elements are not excluded from the claim as a whole. As used herein, the phrase “consisting essentially of” and “consisting of” limits the scope of a claim to the specified elements or method steps, plus those that do not materially affect the basis and novel characteristic(s) of the claimed subject matter (see *Norian Corp. v Stryker Corp.*, 363 F.3d 1321, 1331-32, 70 USPQ2d 1508, Fed. Cir. 2004). Moreover, for any claim of the present invention which claims an embodiment “consisting essentially of” or “consisting of” a certain set of elements of any herein described embodiment it shall be understood as obvious by those skilled in the art that the present invention also covers all possible varying scope variants of any described embodiment(s) that are each exclusively (i.e., “consisting essentially of”) functional subsets or functional combination thereof such that each of these plurality of exclusive varying scope variants each consists essentially of any functional subset(s) and/or functional combination(s) of any set of elements of any described embodiment(s) to the exclusion of any others not set forth therein. That is, it is contemplated that it will be obvious to those skilled how to create a multiplicity of alternate embodiments of the present invention that simply consisting essentially of a certain functional combination of elements of any described embodiment(s) to the exclusion of

any others not set forth therein, and the invention thus covers all such exclusive embodiments as if they were each described herein.

[0057] With respect to the terms “comprising,” “consisting of,” and “consisting essentially of,” where one of these three terms is used herein, the presently disclosed and claimed subject matter may include the use of either of the other two terms. Thus in some embodiments not otherwise explicitly recited, any instance of “comprising” may be replaced by “consisting of” or, alternatively, by “consisting essentially of”, and thus, for the purposes of claim support and construction for “consisting of” format claims, such replacements operate to create yet other alternative embodiments “consisting essentially of” only the elements recited in the original “comprising” embodiment to the exclusion of all other elements.

[0058] Devices or system modules that are in at least general communication with each other need not be in continuous communication with each other, unless expressly specified otherwise. In addition, devices or system modules that are in at least general communication with each other may communicate directly or indirectly through one or more intermediaries.

[0059] A description of an embodiment with several components in communication with each other does not imply that all such components are required. On the contrary a variety of optional components are described to illustrate the wide variety of possible embodiments of the present invention.

[0060] As is well known to those skilled in the art many careful considerations and compromises typically must be made when designing for the optimal manufacture of a commercial implementation any system, and in particular, the embodiments of the present invention. A commercial implementation in accordance with the spirit and teachings of the present invention may be configured according to the needs of the particular application, whereby any aspect(s), feature(s), function(s), result(s), component(s), approach(es), or step(s) of the teachings related to any described embodiment of the present invention may be suitably omitted, included, adapted, mixed and matched, or improved and/or optimized by those skilled in the art, using their average skills and known techniques, to achieve the desired implementation that addresses the needs of the particular application.

[0061] It is to be understood that any exact measurements/dimensions or particular construction materials indicated herein are solely provided as examples of suitable configurations and are not intended to be limiting in any way. Depending on the needs of the particular application, those skilled in the art will readily recognize, in light of the following teachings, a multiplicity of suitable alternative implementation details.

[0062] An embodiment of the present invention may provide a garment comprising one or more gripping areas, which may assist a user in carrying or holding an item or may help prevent slipping when the user is positioned against a surface. In some embodiments, the gripping areas may be located in key areas of the garment that may help the user in various movements such as, but not limited to, weightlifting movements or other exercises. In some embodiments the garment may be able to enhance friction in exercise movements and offer stability to a user by providing large gripping areas on the outer surface of the fabric of the

garment. The gripping areas may be placed on a multiplicity of suitable garments including, without limitation, long sleeve shirts, short sleeve shirts, tank tops, pants, tights, shorts, one-piece outfits, singlets, wetsuits, stringers, sleeveless shirts, hoodies, sweatshirts, jackets, and aprons

[0063] FIGS. 1A, 1B, and 1C illustrate an exemplary garment **100** with gripping areas **101**, in accordance with an embodiment of the present invention. FIG. 1A is a diagrammatic front view of garment **100**. FIG. 1B is a diagrammatic rear view of garment **100**, and FIG. 1C is a diagrammatic rear view of garment **100** being worn by a user **105**. In the present embodiment, garment **100** may be a short sleeve shirt with gripping areas **101** located on the upper back area and a large portion of the front surface. It is contemplated that in some embodiments gripping areas of various different shapes and sizes may be located in a multiplicity of suitable areas of the garments. For example, without limitation, in some embodiments gripping areas may be located on the sleeves of a shirt, wherein the sleeves with the gripping areas may be permanently attached to the shirt or detachable. In other embodiments gripping areas may be located, without limitation, on the upper chest portion of a shirt, on the lower chest portion of the shirt, on the entire back portion of a shirt, on the upper back portion of the shirt, on the mid back portion of the shirt, on the bottom portion of the shirt around the base of the shirts front area, on the bottom portion of the shirt around the base of the shirts back area, on the seat portion of a pair of pants, on the thigh portions of a pair of pants, on the inside portion of the pants front area, and on the inside portion of the pants back rear area. Some such embodiments are described by way of example below. In some embodiments the gripping areas may be located on only the front or the back of the garment rather than both.

[0064] In the present embodiment, gripping areas **101** may be applied to the outer surface of the fabric of garment **100**. Those skilled in the art will readily recognize, in light of and in accordance with the teachings of the present invention, that a multiplicity of suitable fabrics may be used to make garment **100** including, without limitation, cotton or other natural fabrics, polyester or other man made fabrics, cotton and polyester blends, spandex and polyester blends, other blended fabrics, moisture wicking fabrics, performance fabrics, etc. Gripping areas **101** may be made of a grip material that exerts a greater frictional force on an object or surface in contact with gripping areas **101** than the frictional force exerted by the fabric of garment **100**, such as, but not limited to, a silicone, a blend of silicone and plastic, a blend of silicone and other material, a plastic, a rubber, a rubberized material, an elastomer material, a polymer material, etc. In addition, various different methods may be used to apply gripping areas **101** to garment **100** including, but not limited to, screen printing, other types of printing, applications using adhesives, applications using stitching, heat setting, removable application, etc. In the present embodiment, gripping areas **101** may comprise multiple hexagonal gripping members **110**, which may form a honeycomb grip pattern. Holes disposed in a proximate middle of each hexagonal member and gaps in between and surrounding each hexagonal member may provide breathability of the garment. This grip pattern may enable gripping areas **101** to cover large portions of garment **100** while typically maintaining the breathability of the fabric from which garment **100** is made. It is contemplated that some embodiments may be implemented with multiple gripping members of various

different shapes and patterns such as, but not limited to, circular gripping members, square gripping members, rectangular gripping members, hexagonal gripping members, stripes of gripping material, dots of gripping material, gripping members in the shapes of various logos or emblems, gripping members in decorative shapes, etc. In some alternate embodiments, the gripping surface may comprise large perforated patches of the gripping material rather than multiple gripping members. The perforations in these types of gripping surfaces may provide some breathability to the garment. In the present embodiment the thickness of gripping members **110** may be between 1 micrometer and 5 centimeters. It is believed that the gripping location, gripping shapes, gripping patterns, gripping surfaces, gripping thickness and/or gripping material of the present embodiment may provide an aesthetically pleasing and functional garment **100**, which may be used by individuals that desire to reduce slipping and sliding between their garments and a piece of, but not limited to, equipment, weight, bar, rod or object. In doing exercises, including, but not limited to, weight lifting, body building, weight training, muscle building, anaerobic exercise, and/or any type of exercise and/or activity that involves lifting and/or carrying equipments, weights, bars, rods, or objects, individuals may often be challenged by slippage between themselves and different types of equipments, weights, bars, rods, or objects and surfaces. In typical use of the present embodiment, garment **100** may be worn on the upper body of user **105** similarly to a conventional T-shirt. User **105** may then perform any number of exercises with gripping areas **101** in contact with an object or surface to provide frictional support that may help resist the relative motion of the object or surface with respect to gripping areas **101**. For example, without limitation, referring to FIG. 1C, garment **100** may be worn when performing barbell squats so that the barbell may rest against gripping area **101** across the upper back of user **105** to provide added grip and a more secure base for the barbell. In addition, user **105** may also wear garment **100** when bench pressing where gripping area **101** across the back of garment **100** may grip the bench press to hold user **105** secure and to help minimize sliding on the bench press. In yet another exemplary application user **105** may also wear garment **100** when log pressing or lifting atlas stones as gripping area **101** on the front of garment **100** may provide added grip for easier movement. Furthermore, it is contemplated that garment **100** may help to increase frictional force during the execution of various different forms of exercise, activities and/or movements. For example, without limitation, some users may find benefits in barbell front squats, hip thrusts, yoke carries, log press exercises, stone lifts, tire flips, wall squats, sit ups, etc. It is believed that garment **100** may be able to benefit nearly any user who may desire increased friction when performing an exercise.

[0065] Moreover, the arrangement of gripping members **110** may provide breathability to user **105** which may enhance the comfort of user **105**. Some embodiments may comprise a multiplicity of suitable features that may also enhance the comfort of the user such as, but not limited to, moisture wicking fabric, vents in various locations on the garment, cushioned portions in the garment in locations where heavy weights may likely rest or locations against which the user may lie, etc.

[0066] FIGS. 2A and 2B illustrate an exemplary garment **200** with gripping areas **201**, in accordance with an embodi-

ment of the present invention. FIG. 2A is a diagrammatic front view of garment **200**, and FIG. 2B is a diagrammatic rear view of garment **200**. In the present embodiment, gripping areas **201** cover nearly the entire front and back surface of garment **200**. The large coverage of gripping areas **201** may enable garment **200** to provide frictional support in a wide range of exercises and movements.

[0067] FIG. 3 is a diagrammatic front view of an exemplary garment **300** with gripping areas **301** and **305**, in accordance with an embodiment of the present invention. In the present embodiment, garment **300** may be worn as a shirt that may be particularly useful for performing front squat exercises when holding a weight as a gripping area/s **305** on the chest/back and a gripping area **301** on the shoulders may correspond to the areas where a weight bar may contact a user when performing front squat exercises. It is contemplated that various different embodiments may be implemented to be worn when performing particular exercises. For example, without limitation, a garment with a gripping area on the back only may be worn during back squat exercises, bench press exercises, circus dumbbell and yolk carrying exercises. In another non-limiting example, gripping areas **301** **305** may be placed on the shin and calf areas of a garment to provide added friction when performing leg extensions and leg curls. In additional embodiments, gripping area **301** on the shoulders may comprise of a plurality of stripes of gripping members, and gripping area/s **305** on the chest/back may comprise an outer hexagonal shape with an inner maze patterned gripping members. These patterns may enable gripping area/s **301** **305** to cover large portions of garment **300**, typically maintain the breathability of the fabric from which garment **300** is made, and add an aesthetically pleasing look to the garment **300**. It is contemplated that some embodiments may be implemented with multiple gripping members of various different shapes and patterns such as, but not limited to, circular gripping members, square gripping members, rectangular gripping members, hexagonal gripping members, stripes of gripping material, dots of gripping material, gripping members in the shapes of various logos or emblems, gripping members in decorative shapes, combination of various shapes and patterns, etc.

[0068] FIG. 4 is a diagrammatic rear view of an exemplary garment **400** with gripping areas **401**, in accordance with an embodiment of the present invention. In the present embodiment garment **400** may be compression or compression type pants. Gripping areas **401** are shown as stripes on the seat and thighs of garment **400**. It is contemplated that gripping areas **401** may be applied to the front and/or back area of pants in some embodiments, and in some embodiments gripping areas **401** may be located below in knee in addition to or instead of gripping areas above the knee. In addition, gripping areas **401** of various different shapes may be applied to some embodiments implemented on pants including, but not limited to, multiple hexagonal gripping members, dots of gripping material, perforated patches of gripping material, etc. Furthermore, in some embodiments various different types of pants may incorporate gripping areas such as, but not limited to, breakaway pants, looser sweat pants, shorts, etc. It is contemplated that various different embodiments may be implemented to be worn when performing particular exercises. For example, without limitation, a garment with a gripping area on the rear of pants may allow for greater frictional support with the bench

or other during a bench press or similar movement where the lower body experiences force against the object. This grip application on the pants may also be useful in the leg press or various other machine work where the rear. The front grip area may be beneficial but not limited to stone lifts, log presses or similar variants of the exercise.

[0069] FIG. 5 is a diagrammatic rear view of an exemplary garment **500** with gripping areas **501**, in accordance with an embodiment of the present invention. In the present embodiment, garment **500** is a pair of shorts. Gripping areas **501** are shown as stripes on the seat of garment **500**. It is contemplated that gripping areas **501** may be applied to the front and/or back area of garment **500**. In addition, gripping areas **501** of various different shapes may be applied to some embodiments implemented on the pair of shorts including, but not limited to, multiple hexagonal gripping members, dots of gripping material, perforated patches of gripping material, etc. Furthermore, in some embodiments various different types of shorts may incorporate gripping areas **501** such as, but not limited to, basketball shorts, tennis shorts, running shorts, swimming trunks, etc. It is contemplated that various different embodiments may be implemented to be worn when performing particular sports and/or exercises.

[0070] Those skilled in the art will readily recognize, in light of and in accordance with the teachings of the present invention, that garments with gripping areas according to some embodiments may be made in a wide variety of different colors. In some embodiments the gripping areas may be made to match the fabric of the garment, and in other embodiments the gripping areas may contrast the fabric of the garment. Additionally, garments may be sold as single pieces, for example, without limitation, a shirt or a pair of pants, or may be sold as a complete outfit with a shirt piece and pants. Some embodiments may be made available with additional accessories such as, but not limited to, detachable sleeves, gloves, belts, socks, etc.

[0071] FIG. 6 is a diagrammatic front and rear view of an exemplary garment with gripping areas, in accordance with an embodiment of the present invention. The gripping area **601 603** along the base of the shirt **600** may be useful to hold the shirt **600** in place during the exercise or movement. In additional embodiments, the shirt includes, but not limited to, short sleeve and/or long sleeve shirts. A corresponding pant includes, but not limited to, a short and/or long pant. The gripping area **605 607** along the interior or exterior front **605** and/or back **607** area of the pants **604** may also help to hold the shirt **600** in place during exercises or movements. The gripping area **601 603** at the front and/or back base of shirt **600** and interior or exterior front **605** and/or back **607** area of the pants **604** may make contact with one another for greater frictional support during the exercise or movement. In addition, gripping areas **601 603 605 607** of various different shapes and patterns may be applied to the base of shirt **600** and interior of pants **604** including, but not limited to, multiple hexagonal gripping members, dots of gripping material, perforated patches of gripping material, etc.

[0072] Bar Grip is different from any other filings as it directly helps to improve frictional support in various exercises. Bar Grip frictional support may help users in bench press, barbell back squat, barbell front squat, log press, stone lift movements, circus dumbbell lifts, yoke carries, and other exercises or sport movements where the user may benefit from additional frictional support. The various positioning of the grip may provide multiple benefits for the user where

they would previously be limited by movement during an exercise or movement. The areas of grip may allow the user to remain stable and balanced during the exercise or movements. The application of Bar Grip may carry over to other applications where the user experiences the benefit of the frictional support in the various grip patterns and/or placements, both functional and aesthetic.

[0073] All the features disclosed in this specification, including any accompanying abstract and drawings, may be replaced by alternative features serving the same, equivalent or similar purpose, unless expressly stated otherwise. Thus, unless expressly stated otherwise, each feature disclosed is one example only of a generic series of equivalent or similar features.

[0074] It is noted that according to USA law 35 USC §112 (1), all claims must be supported by sufficient disclosure in the present patent specification, and any material known to those skilled in the art need not be explicitly disclosed. However, 35 USC §112 (6) requires that structures corresponding to functional limitations interpreted under 35 USC §112 (6) must be explicitly disclosed in the patent specification. Moreover, the USPTO's Examination policy of initially treating and searching prior art under the broadest interpretation of a "mean for" claim limitation implies that the broadest initial search on 112(6) functional limitation would have to be conducted to support a legally valid Examination on that USPTO policy for broadest interpretation of "mean for" claims. Accordingly, the USPTO will have discovered a multiplicity of prior art documents including disclosure of specific structures and elements which are suitable to act as corresponding structures to satisfy all functional limitations in the below claims that are interpreted under 35 USC §112 (6) when such corresponding structures are not explicitly disclosed in the foregoing patent specification. Therefore, for any invention element(s)/structure(s) corresponding to functional claim limitation(s), in the below claims interpreted under 35 USC §112 (6), which is/are not explicitly disclosed in the foregoing patent specification, yet do exist in the patent and/or non-patent documents found during the course of USPTO searching, Applicant(s) incorporate all such functionally corresponding structures and related enabling material herein by reference for the purpose of providing explicit structures that implement the functional means claimed. Applicant(s) request(s) that fact finders during any claims construction proceedings and/or examination of patent allowability properly identify and incorporate only the portions of each of these documents discovered during the broadest interpretation search of 35 USC §112 (6) limitation, which exist in at least one of the patent and/or non-patent documents found during the course of normal USPTO searching and or supplied to the USPTO during prosecution. Applicant(s) also incorporate by reference the bibliographic citation information to identify all such documents comprising functionally corresponding structures and related enabling material as listed in any PTO Form-892 or likewise any information disclosure statements (IDS) entered into the present patent application by the USPTO or Applicant(s) or any 3rd parties. Applicant(s) also reserve its right to later amend the present application to explicitly include citations to such documents and/or explicitly include the functionally corresponding structures which were incorporate by reference above.

[0075] Thus, for any invention element(s)/structure(s) corresponding to functional claim limitation(s), in the below

claims, that are interpreted under 35 USC §112 (6), which is/are not explicitly disclosed in the foregoing patent specification, Applicant(s) have explicitly prescribed which documents and material to include the otherwise missing disclosure, and have prescribed exactly which portions of such patent and/or non-patent documents should be incorporated by such reference for the purpose of satisfying the disclosure requirements of 35 USC §112 (6). Applicant(s) note that all the identified documents above which are incorporated by reference to satisfy 35 USC §112 (6) necessarily have a filing and/or publication date prior to that of the instant application, and thus are valid prior documents to incorporated by reference in the instant application.

[0076] Having fully described at least one embodiment of the present invention, other equivalent or alternative methods of implementing a garment comprising a grip surface on the fabric according to the present invention will be apparent to those skilled in the art. Various aspects of the invention have been described above by way of illustration, and the specific embodiments disclosed are not intended to limit the invention to the particular forms disclosed. The particular implementation of the garment may vary depending upon the particular context or application. By way of example, and not limitation, the garments described in the foregoing were principally directed to implementations that may be worn when performing various exercises; however, similar techniques may instead be applied to garments that may be useful when being worn during various different types of activities such as, but not limited to, when carrying heavy and/or large items like furniture or boxes, when horseback riding to provide frictional support between the user and the saddle, or when paddling a surfboard to provide frictional support between the user and the surfboard, which implementations of the present invention are contemplated as within the scope of the present invention. The invention is thus to cover all modifications, equivalents, and alternatives falling within the spirit and scope of the following claims. It is to be further understood that not all of the disclosed embodiments in the foregoing specification will necessarily satisfy or achieve each of the objects, advantages, or improvements described in the foregoing specification.

[0077] Claim elements and steps herein may have been numbered and/or lettered solely as an aid in readability and understanding. Any such numbering and lettering in itself is not intended to and should not be taken to indicate the ordering of elements and/or steps in the claims.

[0078] The corresponding structures, materials, acts, and equivalents of all means or step plus function elements in the claims below are intended to include any structure, material, or act for performing the function in combination with other claimed elements as specifically claimed.

[0079] The corresponding structures, materials, acts, and equivalents of all means or step plus function elements in the claims below are intended to include any structure, material, or act for performing the function in combination with other claimed elements as specifically claimed. The description of the present invention has been presented for purposes of illustration and description, but is not intended to be exhaustive or limited to the invention in the form disclosed. Many modifications and variations will be apparent to those of ordinary skill in the art without departing from the scope and spirit of the invention. The embodiment was chosen and described in order to best explain the principles of the invention and the practical application, and to enable others

of ordinary skill in the art to understand the invention for various embodiments with various modifications as are suited to the particular use contemplated.

[0080] The Abstract is provided to comply with 37 C.F.R. Section 1.72(b) requiring an abstract that will allow the reader to ascertain the nature and gist of the technical disclosure. That is, the Abstract is provided merely to introduce certain concepts and not to identify any key or essential features of the claimed subject matter. It is submitted with the understanding that it will not be used to limit or interpret the scope or meaning of the claims.

[0081] The following claims are hereby incorporated into the detailed description, with each claim standing on its own as a separate embodiment.

What is claimed is:

1. An apparel comprising:

- a garment, said garment comprising, at least one of, a shirt or a pant;
- a grip area disposed on said garment, wherein said grip area is configured to provide a frictional force on an object or surface during an exercise;
- a gripping material of said grip area that is configured to provide said frictional force on an object or surface, in contact with said grip area;
- a gripping member of said grip area that is configured to aid in a frictional underpinning with said object or surface;
- a grip surface of said grip area comprising, at least one of, a large perforated patch of said gripping member and a multiplicity of said gripping member, wherein said grip surface is configured to aid in said frictional underpinning;
- a grip surface pattern of said grip area configured to provide breathability of said garment; and
- a grip surface shape of said grip area, wherein a combination of said grip surface pattern and grip surface shape is configured to provide an aesthetically pleasing look and functional garment in addition to said breathability of said garment.

2. The garment of claim 1, in which said grip surface shape comprising at least hexagonal shape gripping member.

3. The garment of claim 2, in which said grip surface pattern comprising at least multiple hexagonal shape gripping members configured to form a honeycomb grip pattern.

4. The garment of claim 3, in which each of said hexagonal gripping members is configured to include at least one perforation disposed on a proximate center of said hexagonal shape gripping member to provide said breathability to said garment.

5. The garment of claim 4, in which said honeycomb grip pattern comprising a gap between each of said hexagonal gripping members configured to provide additional breathability to said garment.

6. The garment of claim 5, wherein said shirt is a short sleeve shirt, and wherein said grip area being disposed on a back portion of said short sleeve shirt.

7. The garment of claim 2, in which said shirt comprising a short sleeve shirt, and wherein said hexagonal shape gripping member being disposed on a chest portion of said shirt configured to provide frictional force on an object or surface, in contact with said chest portion of said shirt.

8. The garment of claim 8, in which said grip surface pattern comprising a plurality of said gripping member

arranged in a maze pattern disposed on a proximate inner portion of said hexagonal shape gripping member.

9. The garment of claim 8, in which said grip surface pattern further comprises a plurality of stripes of said gripping member being disposed on an upper portion of said shirt sleeve configured to provide frictional force on an object or surface, in contact with said upper portion of said sleeve.

10. The garment of claim 9, in which said sleeve is an attachable and detachable sleeve.

11. The garment of claim 1, in which said pant comprising at least a compression pant, and in which said grip surface pattern comprises a plurality of stripes of said gripping member disposed on thighs of said pant.

12. The garment of claim 1, in which said pant comprising at least a compression short pant, and in which said grip surface pattern comprises a plurality of stripes of said gripping member disposed on a seat of said pant.

13. The garment of claim 1, further comprising a grip surface thickness, wherein said grip surface thickness comprises at least a minimum of 1 micrometer and at least a maximum of 5 centimeters.

14. The garment of claim 1, in which said shirt comprising, at least one of, a short and a long sleeve shirt, and in which said pant comprising, at least one of, a short and a long pant.

15. The garment of claim 14, wherein said grip area being disposed on a base of said shirt, in which said grip surface pattern comprising at least two or more stripes of said gripping member.

16. The garment of claim 15, wherein said grip area being disposed on an interior area of said pant, in which said grip surface pattern comprising at least two or more stripes of said gripping member configured to make contact with said at least two or more stripes of said gripping member disposed on an exterior portion of said shirt.

17. The garment of claim 15, wherein said grip area being disposed on an exterior area of said pant, in which said grip surface pattern comprising at least two or more stripes of said gripping member configured to make contact with said at least two or more stripes of said gripping member disposed on an interior portion of said shirt.

18. An apparel comprising:

a garment, said garment comprising, at least one of, a shirt and a pant;

a grip area disposed on said garment, wherein said grip area is configured to provide a frictional force on an object or surface during an exercise;

a gripping material of said grip area comprising at least a silicone, a plastic, a rubber, a blend of silicone and

plastic, a blend of silicone and rubber, a rubberized material, an elastomeric material, or a polymeric material, wherein said gripping material is configured to provide said frictional force on an object or surface, in contact with said grip area;

a gripping member of said grip area that is configured to aid in a frictional underpinning with said object or surface;

a grip surface of said grip area comprising, at least one of, a large perforated patch of said gripping member and a multiplicity of said gripping member, wherein said grip surface is configured to aid in said frictional underpinning;

a grip surface pattern of said grip area comprising, at least one of, a gap and a perforation embedded into said grip surface, configured to provide breathability of said garment; and

a grip surface shape of said grip area comprising at least a hexagonal shape gripping member, wherein a combination of said grip surface pattern and grip surface shape is configured to provide an aesthetically pleasing look and functional garment in addition to said breathability of said garment.

19. The garment of claim 18, in which said grip surface pattern further comprises at least multiple hexagonal shape gripping members configured to form a honeycomb grip pattern, wherein each of said hexagonal gripping members is configured to include at least one perforation disposed on a proximate center of said hexagonal shape gripping member to provide said breathability to said garment, and in which said honeycomb grip pattern comprising a gap between each of said hexagonal gripping members configured to provide additional breathability to said garment.

20. An apparel comprising:

a garment, said garment comprising, at least one of, a shirt and a pant;

means for providing a frictional force on an object or surface during an exercise;

means for aiding in a frictional underpinning with said object or surface;

means for providing breathability of said garment; and

means for providing an aesthetically pleasing look and functional garment in addition to said breathability of said garment.

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