

XIANG WANG YI

XU RUI
徐蕊 著

印象派

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库 本



献给我的家人。

I shall dedicate this book to my family.

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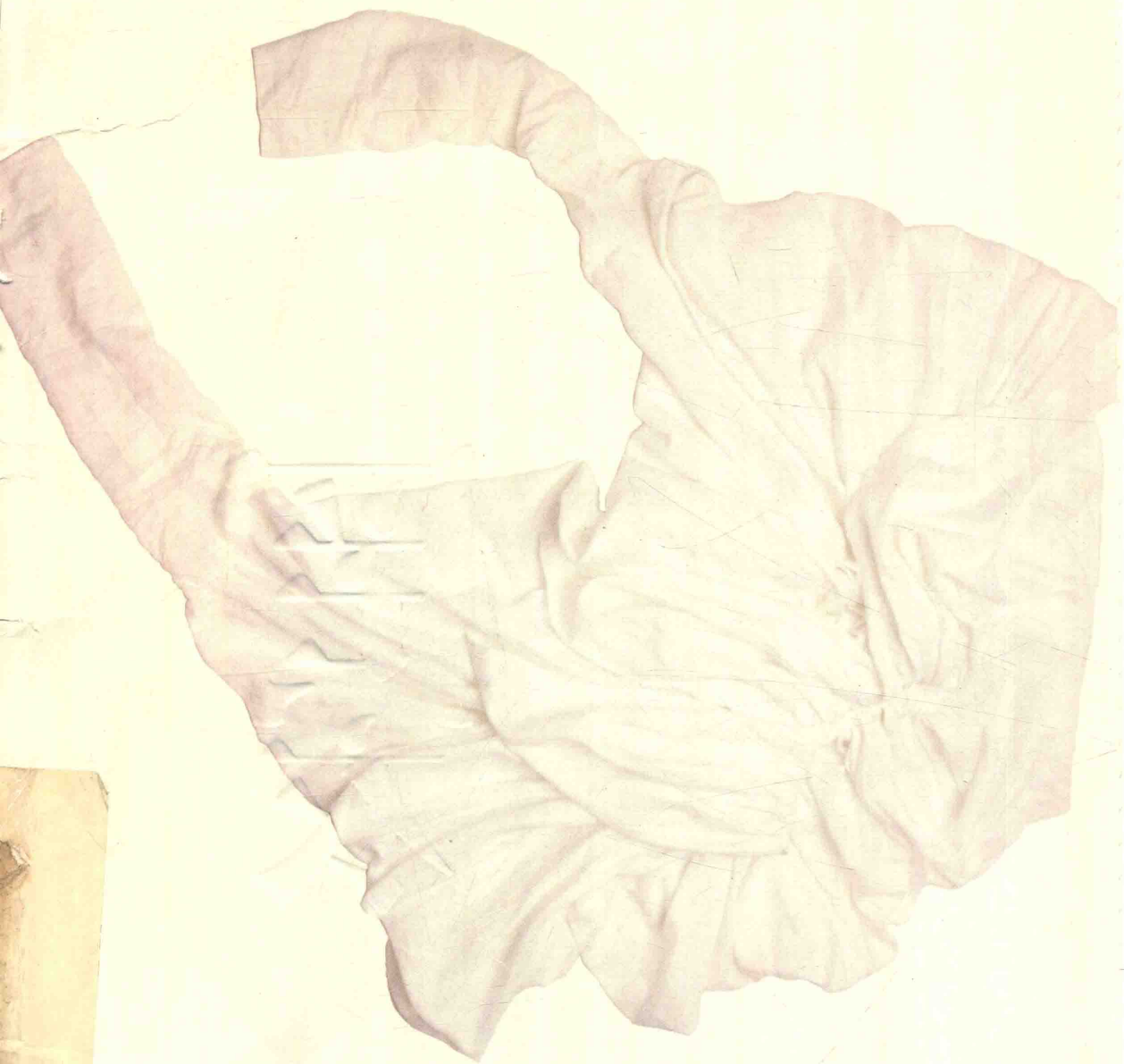
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XIANG WANG YI

XU RUI 徐蕊 著

山东美术出版社

圍衣



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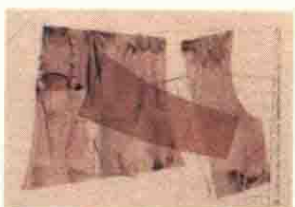
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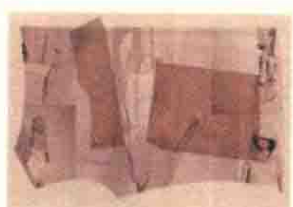
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中国裤的 形态变迁与 文化关联

SYMBOLISM AND EVOLUTION OF KU-FORM IN CHINESE COSTUME

SYMBOLISM AND EVOLUTION OF KU-FORM IN CHINESE COSTUME

中国裤的形态变迁与文化关联

内容摘要:

衣、裳(裙)、袴三者共同构成了传统中国衣服的系统。本文着重论述的是,在形式和内容上看似矛盾的袴的裆部的开合性,却非常明晰的表达了中国文人的情结与精神。用于遮蔽的裙,实质上不能完成遮蔽的功效;用于护腿的袴,具备了遮蔽的功效而不为文人所用。裙的半遮半掩,袴裆的半遮半掩,一明一暗,一虚一实,共同承载起遮蔽的责任。这种以开放来遮蔽的衣服体系正是中国传统文化之有趣之处。希望通过对本课题的研究,找到中国服装体系的精神内核,从而更好的继承与创造。

Abstract

Shang (裳, from which *Qun* 裙 evolved) which had come into being before *Ku* (袴), was used to cover the lower body. The upper garment (衣 *Yi*), *Ku* and *Shang* constituted a complete outfit in the traditional Chinese clothing system. This article described briefly the developing and evolving process of Chinese *Ku*. It stressed that the opening and closing rise of *Ku*, expressed clearly the spirit and the cultivation of Chinese literati, although it seemed contradictory in form and content. *Qun*, as a kind of lower cover, is actually unable to cover the body completely. *Ku*, the Chinese trousers, for protection of legs, may cover the lower limbs, but was not adopted by the Chinese literati in ancient times. So, half-openness of the skirt and half-closeness of the rise of *Ku*, half fantasy and half reality, may be combined to complete the covering. This kind of covering body by opening clothing system was just showing the interesting point of Chinese traditional culture. We may find illumination for creation through the study of Chinese traditional clothing system.

关键词：中国衣服、袴、裳（裙）、精神内核

Key words: Chinese Costume, Ku, Qun, Symbolism, Evolution

1. 裤的产生

中国裤在古代被写作“袴”或“袴”。据史料考证，早在母系氏族时期，裤的形态就出现了（图1，沈，1997）。那时的裤只有两只裤管，穿在小腿上，用绳带系着，叫做“胫衣”。这种裤只挡住胫部，膝盖以上露着，所以，人们又在腰间系上一条围裙，这就是“裳”。衣、裳、袴三者并用，将身体遮掩起来。人们可以只穿裳而不穿袴，因为用来遮避的服装是裳，袴的作用仅在护腿。胫衣，在服装由部件式向贯头式统合的过程中，向上发展为开裆的袴，袴合裆又形成裈，奠定了裤子最基础的形态。

1. Origin of Trousers

In ancient times, the character of trousers was written as *Ku* (袴 or 袴) in China. According to historical documents, the shape of trousers had already made its appearance during the time when society was matriarchal. See Figure 1 (Shen, 1997). *Ku*, also known as *Jingyi* (胫衣) at that time, were knee-high trouser legs tied onto the calves leaving the thighs exposed. For this reason, the ancients wore an apron-shaped skirt called *Shang* (裳), which hid the lower part of the body from view along with an upper garment (*Yi* 衣) and *Ku*. People could wear *Shang* which covered the private parts without the *Ku*. *Ku* was used to keep out the cold and for protection. In the gradual transformation of the clothing from use of multiple pieces to single items, *Jingyi* was stretched up along the thighs to form the *Ku*. To cover the rise it resulted as *Kun* (裈). Both *Ku* and *Kun* are the basic elements of embryonic trousers.

2. 裤的发展

胫衣和衣、裳是出现于中原地区并适合中原礼教的衣装形式。北方的游牧民族，形若满月的合裆之裤更适合他们的生活状态。战国时期，赵武灵王推行“胡服骑射”，满裆裤子传入中原，初用于军旅，后流传民间（图2，高，2001）。

这种裤被发展为汉代的“大褙”、“大口袴”。受胡服影响，合裆的裈出现了。裆被合上之后，裤就具备了遮羞的功能，裙子的存在便可有可无。但根据主流文化的礼仪标准，露出双腿的形态有辱礼节。更重要的是，袴、裳的遮掩局限使文人士大夫已经习惯了行坐走卧的教养规范，而且形成一种游戏的心态乐此不疲，所以，合裆的裈仅停留在军士与地位低下的奴仆之中（图3，黄，1999）。

在裈的启发下，胫衣向上发展，两只裤管在腰部相连，裆部敞开。追溯开裆缘由，先是为方便私溺，逐渐成为礼仪要求。

2. Evolution of Trousers

The wearing of *Jingyi*, an upper garment and *Shang* were originally the clothing of the Central Area of China, and conformed to the style of the civilization in ancient times. However, trousers with a loose rise were more suitable to the life style of the northern nomadic tribes. During the Warring States Period (475 B.C. - 221 B.C.), King Zhao Wuling executed cavalry fighting and adopted the clothing of nomadic style. Consequently, trousers with a loose rise were introduced to Central China, appearing first amongst troops before being used by the masses. See Figure 2 (Gao, 2001). Such trousers with a loose rise later developed into *Dashao* (大褙) that was extremely wide legs or *Dakouku* (大口袴) that was tied with strings under knees in the Han Dynasty (206 B.C. - 220 A.D.). Under the influence of the clothing of the nomadic tribes, *Kun* appeared that hid rise. Despite the innovative design, high society was still deeply affected by the traditional etiquettes of the Han culture and thought that it was disgraceful to expose the shape of the legs. In addition, people found it difficult to adjust to the *Kun* in their daily routines, such as sitting, walking, lying down, etc. as they were so used to the traditional style. Therefore, *Kun* was worn only by warriors and servants and it was not widely used by the general population during the period. See Figure 3 (Huang, 1999). Inspired by *Kun*, the *Jingyi* leggings were made longer

裳、裈与遮蔽 Shang, Kun and cover

袴与裤 Ku and trousers

私处与双腿的形态 private parts and the shape of the legs

礼教 etiquette

裳裙的盛行使穿着者不必担心私处外露,这就形成了中国裤历史上经久不衰的基本形态——开裆裤。典型的例子有湖北江陵楚墓出土的绣绢锦袴,还有西汉宫廷中出现的“穷袴”。开裆裤的出现,使汉礼教对裤子形态的接纳程度向前迈进一步,在以后的宋、元、明、清,近千年的中国服装史中,都占有重要地位。明张萱《疑耀》中描述了这两种开裆裤都很流行的状况:“古人袴皆无裆,女人所用皆有裆者,其制起汉昭时上官皇后,今男女皆服之矣。”(图4,沈,1997)魏晋南北朝是裤盛行的时期。士庶百姓都喜欢穿着长裤,大口袴尤为流行。为了使过大的裤口不至于牵绊到走步,人们在膝下系一根细绳,形成一个兜褶的特殊样式,与紧身上衣搭配在一起,叫做“袴褶服”。这种款式一直流行到隋唐时期(图5,沈,1997;图6,黄,1999)。

唐代男子的常服是袍衫之内穿长裤,缚裤的穿着范围缩小到了武士和仪卫之中(图7,高,2001)。妇女大都在裙内穿裤,但是在胡服盛行的时期,长裤外穿也是贵族时尚的潮流。相比魏晋南北朝流行的大招和大口袴,唐代的裤口开始收敛。

到了宋、元时期,膝裤广泛流行。关于膝裤多变的样式,在文学史料中常有记载。汉主流文化认为膝裤不够文雅,贵族女子是不能穿的,所以膝裤主要出现在戏剧表演中。另有一种窄裤腿

and stretched up along the thighs, the waist was enclosed, the rise and rear were open to allow for urinating and defecating, and was covered by *Shang* to hide the private parts. Thus a basic, but durable pattern of *Ku*, that is, Chinese trousers with an open rise and open-seat, came into use. The most typical was a piece of embroidered silk brocade *Ku* discovered in a Chu tomb in *Jiangling*, Hubei Province, and *Qiongnu* (穷袴) worn in the court during the Western Han period (206 B.C. - A.D.24). *Qiongnu* is a sort of *Ku* with the upper part covering the hips and lower part covering the lower legs, and the rise and hips closed in the front and tied at the back with multiple strings. It was designed for the maids in the palace. *Ku* was the pattern of Chinese trousers which was more acceptable in the Han tradition and occupied a vital place in the costume history approximate following one thousand years. Both *Ku* and *Qiongnu* proved to be popular as detailed in the book entitled *Yi Yao* (疑耀) by Zhang Xuan, a scholar of the Ming Dynasty (1368 - 1644): both open-rise and closed-rise were worn by both genders during this time period. See Figure 4 (Shen, 1997). *Dakouku*, especially the wide-bottomed one, was prevalent among both aristocrats and commoners during the period of the Wei, Jin and North-South Dynasties (220 - 589). *Dakouku* was bound by strings around the knees to guard against being caught by something while walking. Thus, a typical pattern of *Dakouku* was developed. When matched with tight knee-length upper clothes, *Kuzhefu* (袴褶服) appeared and became popular until the Sui-Tang period (581 - 907). See Figure 5 (Shen, 1997). See Figure 6 (Huang, 1999).

As communication between East and West traversed through the Silk Road, there were multicultural influences on central Chinese classical clothing. Men in the Tang Dynasty (618 - 907) mostly wore robes with trousers underneath. See Figure 7 (Gao, 2001). *Dakouku* was worn only by warriors and guards of honor. Meanwhile, closed-rise trousers which were worn underneath skirts by women became popular. The Chinese trousers appeared with thin legs instead of loose legs from *Dashao* and *Dakouku*.

During the period of Song and Yuan (960 - 1368), *Xiku* (膝裤), knee-length trousers, became so popular that emperors were known to wear them occasionally. According to historical literature, *Xiku* enjoyed a great variety of styles that also were called *Kuwa*. This style was prohibited to be worn by noble ladies except actresses in theatre, which were dramas for entertainment in the Song Dynasty (960 - 1279). Another form of narrow trousers called *Xiaoku* (小裤) was worn by the general public. See Figure 8 (Shen, 1997).

In the Ming-Qing period (1368 - 1911), *Xiku* was improved as *Taoku* (套裤), trouser legs worn over trousers. In addition, common trousers that were conventional for both genders were either worn underneath the robe or matched with a *Ru* (襦), cotton-padded jacket. Women wore trousers underneath the Chinese

的“小裤”倒是比较普及(图8, 沈, 1997)。

明、清时期, 膝裤被演变为套裤。长裤也是主流, 有时穿于袍衫之内, 有时与襦袄搭配露在外面。裤的穿用不似从前那般严格, 变得日益广泛起来(图9、图10, 包, 2004)。

民国以来, 西式服装传入, 中国旧有的裤装形态获得了西式立体风格的改良, 其样式逐步融入到国际化的裤装形态中来。这意味着传统意义上的中国裤装从此告一段落。

3. 裤的形态

3.1 胫衣

胫衣是袴的原始形态, 高抵膝, 底及踝, 是套在膝下的两只布筒, 最早出现在新石器时期。汉初在服制中仍然保留着这一形制。从居延汉简上见到的有关记录, 胫衣和鞋袜一样, 以双计数。今天我国西南地区一些少数民族, 短裙下面仍然穿着胫衣(叫做“脚筒”), 可以避山路荆棘虫蛇之害(图11, 中, 2005)。

3.2 袴与穷袴

袴, 在汉代文献中又称为“袴”。袴有了完善的裤筒, 下有收口, 上有分裆, 两只裤管在腹部由裤腰连属。这种一体化了的开裆裤, 是历史上最典型的中国裤的样式。湖北长沙马王堆汉墓出土的一条绣绢锦袴就是例证。此袴长一百一十六厘米, 宽九十五厘米; 裤腰高四十五厘米, 裤腰宽一百二十二厘米, 用四片等宽的本色绢横连, 腰部后开前合; 裆处嵌入一块长十二厘米, 宽十厘米的绢片, 折叠后形成一个倾斜的分裆(图

skirt in accordance with traditions since the Han Dynasty. With many ways of combining separate parts, usage of the new updated trousers could be worn independently, rather than the traditional approaches of 3 parts of clothes. See Figures 9, 10 (Bao, 2004).

With the introduction of Western clothing to China from the Republic of China (1912 - 1949) onwards, the traditional shape of Chinese trousers took on a more international flair in three dimensional structures, reflecting the influence of Western designs. Preference for Western clothing indicated the end of the development of Chinese traditional trousers.

3. Forms of Trousers

3.1 Jingyi

Jingyi, the original formation of *Ku* which dates back to the Neolithic Age, has two pieces of cloth from the knees to the ankles. This style was preserved in the clothing system in the early Han period. *Jingyi* worn in pairs like shoes and socks as detailed in records written on wood in the Han Dynasty which were unearthed at Juyan in the Ejin River Basin in Inner Mongolia. It is still popular among the Hani and Miao nationality women who wear *Jingyi* under skirts in southwest China. With elegant embroidery and colorful patterns, they are now called *Jiaotong* (脚筒), to be worn for protection from branches, insects, etc. on the mountainous paths. See Figure 11 (Zhong, 2005).

3.2 Ku and Qiongku

Ku (袴), which is also known as *Ku* (袴) in the Han Dynasty literature, had two complete tubes connected to the waist by a piece of cloth that covered the abdomen and left the hips uncovered. This was the most typical historical formation of open-rise trousers. A pair of embroidered silk trousers with 116 cm long by 95 cm wide, unearthed from Mawangdui in the Han tomb at Changsha, Hunan Province, had symmetrical left and right pieces. Four front and back silk pieces of size, 122 cm long by 45 cm wide, were joined to wrap around the waist with the back left open. A silk patch sized 12 cm by 10 cm which covered the private part was separate along the central line after being folded. See Figure 12 (Shen, 1997). In comparison with the rise of *Kun*, *Ku* was characterized by a closed front rise and an open back. In comparison with *Jingyi* which had two separate trouser legs, *Ku* was one piece where the right and left trouser legs were joined at the bifurcation. Therefore, as open-rise trousers, *Ku* stood between *Jingyi* and *Kun*.

During the Western Han period, *Qiongku*, a piece of wide cloth at the rise joined with strings was employed in the

西式立体改良 solid style of Western design

穿于内 underneath

双 pair

原始形态 original form

12, 沈, 1997)。较之于袴, 袴的裆部前连而后开; 较之于胫衣, 袴已经发展为左右连属的一个整体。所以, 袴是介于胫衣和褌之间的一种开裆裤样式。

西汉时期, 宫中出现另一种开裆裤, 用多条细带系住开着的裆部, 历史上叫做“穷袴”。《汉书·上官皇后传》中记载, 霍光受汉武帝遗诏, 辅佐昭帝, 将外孙女上官嫁为其皇后, 为使皇后专宠得子, 专为后宫嫔妃设计了穷袴, 法令推行。颜师古注: “穷袴, 有前后当, 不得交通也。”穷袴丰富了开裆袴的样式。

3.3 褌

《释名·释衣服》: “褌, 贯也。贯两脚上系要(腰)中也。”“褌”, 一般是贴身内裤。史游《急就篇》中褌与各种服装并列: “檐褌袷褌褌褌。”颜师古注: “合裆谓之褌。”说明裆的开合, 是褌与褌的主要区别。褌是受到北方游牧民族满裆之裤影响而产生的一种裤子样式, 对于褌的形态完善走出了很关键的一步。但是, 在汉服制体系里, 褌已经充当了遮掩下体的主要角色, 所以合裆的褌一直没能代替开裆袴的主流地位。褌更多的时候只用来做亵衣(图13, 高, 2001)。

3.4 犊鼻褌与小衣、中裙

褌中, 有一种短小的样式, 出现于汉代, 外形像今天的三角内裤, 叫做“犊鼻褌”。关于“犊鼻”, 有三种解释, 一说以三尺布(汉代三尺约等于今天的七十厘米)制成, 形如犊鼻; 二说这种短裤上宽下窄, 两边开孔, 双腿穿入, 意似犊鼻; 三说犊鼻是人体大腿上的一个穴位, “犊鼻褌”穿在身上刚好及此。但也有记载说犊鼻褌是一种单幅的围裙, 如清王先谦《汉书补注》: “但以蔽前, 反系于后, 而无袴裆, 即吾楚俗所称围裙是也。”汉人称之为“中裙”、“小衣”。

《三国志·魏书·裴潜传》裴松之注: “时天大寒, 宣以当受杖, 豫脱袴, 缠褌面缚……”等等(图

imperial palace. According to the *Biography of Queen Shangguan in the History of the Han Dynasty*, General Huo Guang married his grand daughter Shangguan to Emperor Zhao Di as the queen to assist the emperor in ruling the country as stated in the edict of his father, Emperor Wu Di. To help the queen monopolize the emperor's favor and produce an heir, it was necessary to stop the emperor from having sexual intimacy with his concubines. Therefore, *Qiongku* was exclusively designed for the imperial concubines who were forced to wear it. *Qiongku*, with a closed front and back, was noted by historian Yan Shigu in the Tang Dynasty.

3.3 Kun

According to the *Explanation of Clothing in the book Explanation of Names*, *Kun*, commonly worn as underwear, were tied around waist and crossed at bifurcation. During the Western Han, Shi You listed *Kun* in his book, the *Chapter of Jijiu* along with other forms of clothing, such as *Chanyu* (檐褌 ancient short garment), *Qia* (袷 long robe), *Zhe* (褶 wide-bottomed trousers bound by strings around the knees matched with tight knee-length robe), and *Fu* (複 clothing with lining). According to Yan Shigu, a cloth covered rise gave rise to *Kun*, which differed from *Ku*. *Kun* is a style of trousers with a loose rise borrowed from the northern nomadic tribes and played an important role in perfecting the structure of Chinese trousers. In the Han clothing system, *Kun* did not replace *Ku* which helped to provide privacy with *Shang*, a skirt to cover the lower part of the body. Hence, *Kun* was mostly used as *Xieyi* (亵衣). See Figure 13 (Gao, 2001).

3.4 Dubikun, Xiaoyi and Zhongqun

Dubikun (犊鼻褌) was somewhat like present briefs. It appeared in the Han period. *Dubi* (犊鼻) means cattle's nose and the name *Dubikun* has been later described in three ways: first, it was made from a piece of cloth that was in about 70 cm width; secondly, shorts with a wide top and narrow bottom which opened on both sides with strings going through them just like a cattle's nose; thirdly, *Dubi* is said to be an acupuncture point on

14, 高, 2001)。

3.5 股衣

《释名》中所谓左右各胯别的股衣, 与套袴的意义近似。王念孙《广雅疏证》卷六: “膝以上为股, 膝以下为胫。”既然胫衣主要是为保护小腿的, 推断股衣应是为大腿设制的。

3.6 大褙

受到北方骑射民族服饰的影响, 汉代出现了一种改造过的具有汉风的合裆的裤子, 叫做大褙, 配合当时流行的褙博宽大的袍子 (图15, 高, 2001)。

3.7 大口袴、缚袴与袴褶

延续至魏晋时期, 大褙发展为一种大脚口的裤子, 叫“大口袴”。在大口袴的基础上, 膝下系一根细绳, 叫做“缚袴”, 搭配紧身齐膝的袄子, 被称为“袴褶”, 又叫做“袴褶服”, 在南北朝时期很风尚。袴褶服最初仅用于军戎, 后来被普遍穿着, 甚至不区分男装女装。兵士穿用时, 和甲冑成套。在汉代至南北朝时期的多元文化背景下, 合裆的大口袴流行了很久 (图16, 沈, 1997)。

3.8 膝褙

又叫做“膝套”、“半褙”、“膝褙”、“褙褙”。形制上应当属于一种胫衣, 但区别于贴身穿着的胫衣, 膝褙是套在长裤之外的 (图17, 高, 2001)。出现于宋代的膝褙, 法令对其有严格的穿着规定, 除非戏剧表演, 上层妇女是不许穿的。但后来也逐渐不再那么严格, 直到明朝

the thigh and as the length of the shorts just reached that spot, hence it was given the name *Dubikun*. Another version is that *Dubikun* is like the present day apron as depicted in the book, *Supplementary Notes to History of the Han Dynasty* by Qing scholar Wang Xianqian (1842 - 1917), "A single piece of cloth that covers the front part below the waist and is tied at the back of waist is what Chu people called apron." Han people preferred the name *Zhongqun* (中裙), *Qun* as the underwear, or *Xiaoyi* (小衣), small pieces of clothing. Moreover, historian Pei Songzhi (372 - 451) of the Southern Dynasty said in an annotation to the *Biography of Pei Qian in the Book of Wei* from the *Records of the Three Kingdoms*, "It was very cold when Han official Han Xuan was bound facing the ground, prepared to be punished by flogging. He took off his *Ku* and tied around with *Kun*." See Figure 14 (Gao, 2001).

3.5 Guyi

According to the book, the *Explanation of Names*, *Guyi* (股衣) is similar to leggings. Wang Niansun (1744 - 1834), a Qing scholar, explained in Volume Six of his *Enlarged Library Expositor*, "*Gu* (股) is the thigh, *Jing* (胫) is the lower leg." Since *Jingyi* was mainly for protection of the lower legs, it was assumed that *Guyi* was designed for the thighs.

3.6 Dashao

Dashao (大褙) referred to extremely big and loose trousers. In the Han Dynasty, both military and civil officials wore loose robes with *Dashao*. Influenced by the clothing style of the northern nomadic tribes at that time, trousers were made big and loose in the Han style in harmony with the popular loose robes. See Figure 15 (Gao, 2001).

3.7 Dakouku, Fuku and Kuzhe

A type of wide-bottomed trousers called *Dakouku* (大口袴) was developed in the Wei-Jin period (220 - 420). Later, trousers were bound around the knees with strings, regarding as *Fuku* (缚袴). When the *Fuku* was matched with a tight cotton-padded robe which came down to the knees, it was called *Kuzhe* (袴褶) or *Kuzhefu* (袴褶服), a most fashionable style in the South-North Dynasties. At first, it was worn by warriors as an armor suit and later was widely accepted even by both genders. From the Han Dynasty to the South-North Dynasties, *Dakouku*, closed-rise, was popular used that accompanied with the multicultural context. See Figure 16 (Shen, 1997).

3.8 Xiku

Xiku (膝褙), also called *Xitao* (膝套), *Banwa* (半褙), *Xiwa* (膝

looseness
褙博

三尺布 three-foot-wide cloth

汉风 Han fashion

内裤与褙衣 briefs and Xieyi

围裙与小衣 apron and Xiaoyi