

## Body Parts

Start from the top and work your way down...

Many of the English words have more than 1 Japanese translation. This is because of the context of which it may be applied. Also there are different dialects of the Japanese language (old and new).

<b>Zenshin</b>	Whole body
<b>Ketto</b>	Blood
<b>Ganmen, To, Tsu, Atama</b>	Head
<b>Tento</b>	Skull (top)
<b>Kami or Ke</b>	Hair
<b>Zuno</b>	Head or brains
<b>Hitai</b>	Forehead
<b>Yobo, Men, Kao</b>	Face
<b>Kasumi</b>	Temple (side of the head)
<b>Mimi</b>	Ears
<b>Gan or Gansei or Me</b>	Eye
<b>Hana</b>	Nose
<b>Kuchi</b>	Mouth
<b>Shita</b>	Tongue
<b>Ha</b>	Tooth
<b>Haguki</b>	Gums
<b>Ago</b>	Chin or jaw
<b>Mikazuki</b>	Angle of the jaw
<b>Keibu, Kubi</b>	Neck
<b>Shofu</b>	Side of neck
<b>Keichu</b>	Back of neck
<b>Nodo</b>	Throat
<b>Hichu</b>	Adam's apple
<b>Murasame</b>	Right carotid artery
<b>Matsukaze</b>	Left carotid artery
<b>Sakotsu</b>	Collar bone
<b>Shintai</b>	Body
<b>Taikaky</b>	Build or physique
<b>Karada</b>	Body or physique
<b>Kinniku</b>	Muscles
<b>Hada or Hifu</b>	Skin
<b>Seoi, Kata</b>	Shoulder
<b>Wan</b>	Arm
<b>Hiji, Empi</b>	Elbow
<b>Kansetsu</b>	Articulation joint
<b>Hai wan</b>	Back of the arm
<b>Gai wan</b>	Outer arm
<b>Nai wan</b>	Inner arm
<b>Zenwan, Kote, Ude</b>	Forearm
<b>Tekubi</b>	Wrist
<b>Kakuto</b>	Top of wrist
<b>Te</b>	Hand
<b>Katate</b>	One hand
<b>Ryote, Morote</b>	Both hands

Haishu	Top of hand
Haishu	Back of the hand
Sho	Palm of hand
Teisho	Heel of hand
Haito	Ridge hand, inner blade of hand
Shuto	Cutting edge of hand
Fushi, Kansetsu	Knucle, joint
Yubi	Finger
Yubisaki	Fingertip
Kyobu or Mune	Chest
Rokkotsu	Rib
Sebone	Backbone, spine
Hizo	Small of the back
Shin, Shinzo	Heart
Hae	Lungs
Haibu	Back (back rib area)
Dokko	Mastoids
Tomoe	Stomach
Hara	Abdomen
Suigetsu	Solar-plexis
Tanden	Navel
Jinzo	Kidney
Kanzo	Liver
Koshi, Goshi	Hips
Kinteki	Testicles
Shiri	Buttocks
Bitei	Coccyx
Fukuto	Outside, lower thigh
Mata	Inside of thigh
Hiza, Hitsui	Knee
Hiza gashira	Knee cap
Shitsu	Bend of the knee
Ashi or Ashibo	Leg or shin
Kobore	Tibia
Sobi	Base of calf
Akiresu ken	Achilles tendon
Ashi kubi	Ankle
Tsuma, Ashi yubi	Toes
Tsumasaki	Point of toes
Ashigatana, Sokko, Kori	Top of the foot
Sokuto	Edge of the foot
Haisoku	Instep
Kakato	Heel
Teisoku, Ashiura	Sole of the foot
Ashi zoko	Bottom (bottom side)of foot
Koshi	Ball of foot

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# Judo Terms

## Body and Uniform Terms

For Judoka ( a person who studies Judo )

### Body:

Kubi—Neck

Kata—Shoulder

Ude—Arm

Hiji—Elbow

Tekubi—Wrist

Te—Hand

Yubi—Finger

Waki—Armpit

Mune—Chest

Hara—Stomach

Koshi—Hip

Hiza—Knee

Ashi—Foot *or Leg*

**TENTO—TOP OF HEAD**

**Uniform:**

Judogi—Uniform

Obi—Judo Belt

Uwagi--Top

Eri--Collar, Lapel

Sode—Sleeve

Zubon--Pants

**ZORI —SANDALS**