

#	BODY PARTS	TRANSLATION
1	AGO	CHIN
2	ASHI	FOOT
3	ASHI	LEGS
4	ASHI NO URA	SOLE
5	ASHI UBI	TOES
6	ATAMA	HEAD
7	CHUDAN	MID SECTION OF BODY
8	EMPI / HIJI	ELBOW
9	ENSHO	ROUND HEEL
10	GAIWAN	OUTER ARM (same side as little finger)
11	GEDAN	LOWER AREA OF BODY
12	HAISHU	BACK HAND
13	HAISOKU	INSTEP (top of foot)
14	HAITO	RIDGE HAND
15	HAIWAN	UPPER
16	HARA	STOMACH
17	HIRAKEN	FORE KNUCKLE FIST
18	HIZA	KNEE
19	HIZAGASHIRA	KNEE CAP
20	IPPON KEN	ONE KNUCKLE FIST
21	JODAN	UPPER AREA OF BODY
22	JO SOKUTEI	RAISED SOLE
23	KAO	FACE
24	KAISHU	OPEN HAND (palm)
25	KAKATO	HEEL
26	KAKUTO	BENT WRIST
27	KATA	SHOULDERS
28	KEITO	CHICKEN HEAD WRIST
29	KENTSUI	FIST HAMMER
30	KOSHI	HIPS
31	KOSHI	BALL OF FOOT
32	KUBI	NECK

#	BODY PARTS	TRANSLATION
37	KUMADE	BEAR HAND
38	ME	EYES
39	MUNE	CHEST
40	NAIWAN	INNER ARM (same side as thumb)
41	NAKADAKA IPPON KEN	MIDDLE KNUCKLE FIST
42	NIHON NUKITE	TWO FINMGER SPEAR HAND
43	NODO	THROAT
44	NUKITE	SPEAR HAND
45	SEIKEN	FORE FIST
46	SEIRYUTO	OX JAW HAND
47	SENAKA	BACK
48	SHIHON NUKITE	FOUR FINGER SPEAR HAND
49	SHU	HAND
50	SHUBO	ARM STICK
51	SHUTO	OUTER EDGE OF HAND
52	SHUTSUI	HAND HAMMER
53	SHUWAN	BOTTOM ARM (same side as palm)
54	SOKUTEI	FOOT SOLE
55	SOKUTO	OUTER EDGE OF FOOT
56	TANDEM	NAVAL
57	TE	HAND
58	TEISHO	PALM HEEL
59	TEKUBI	WRIST
60	TETTSUI	IRON HAMMER
61	TSUMISAKI	TIPS OF TOES
62	UDE	FORE ARM
63	URAKEN	BACK FIST
64	WAN	ARM
65	WANTO	ARM SWORD
66	WASHIDE	EAGLE HAND
67	UBI	FINGERS