



Shotokan Anatomical terminology

Ashi	- foot
Atama	- head
Dotai	- torso
Hana	- nose
Hara	- stomach
Hitai	- forehead
Hitosashiyubi	- forefinger
Hizagashira	- kneecap
Kafukubu	- abdomen
Kagako	- jaw
Kansetsu	- joint
Kao	- face
Kasumi/Komekami	- temple
Kata	- shoulder
Keikotsu	- shin
Kinuike	- muscle
Kobushi	- fist
Koshi	- hip
Koyubi	- little finger
Kubi	- neck/throat
Kurubushi	- knuckle
Kusariyubi	- ring finger
Me	- eye
Mimi	- ear
Momo	- thigh
Mune	- chest
Nakayubi	- middle finger
Nodo	- throat
Oshiri	- bottom/posterior
Otogai	- chin
Oyayubi	- thumb
Sakotsu	- collar bone
Sekitsui	- spine
Senaka	- back
Shinkei	- nerve
Shinzo	- heart
Suigetsu	- solar plexus
Te	- hand
Tekubi	- wrist
Tsumasaki	- tip toes
ude/Wan	- arm
yubi	- finger

