

Japanese Names for parts of the Body

Ganmen - Face or front of the head

Men or Kao
Face

Atama
Head

Kubi
Neck

Sakotsu
Clavicle (collarbone)

Kata
Shoulder

Nodo
Throat

Kyokutsu Sternum

Kyobu or Mune Chest or breast

Hai Lung

Fukutou Lungs

Kanzou Liver

Onaka or Ibakuro Stomach

Hara or Tanden Stomach, belly or abdomen

Suigetsu Pit of the stomach

Wata Guts, bowels, intestines

Kintama Testicles

Kinteki Testicles or crotch

Keikotsu or Suni or Kobore Tibia (shin)

Kataikotsu Lower leg bone (esp tibia/fibula)

Ashi kubi Ankle

Sokuto Edge of the foot

Ashi yubi or Tsuma
Toes

Boshi big toe

Yubi Digit (finger or toe)

Hiji or Empi Elbow

Suigetsu or Kyosen Solar plexus

Shinzou Heart

Hizou Spleen

Abara Ribs

Denko or Inazuma Floating ribs

Fukubu or Kafabuku Abdomen

Boukou Bladder

Hiza or Hitsui Knee

Hiza gashira Kneecap

Kori Upper surface of the instep

Heisoku or Haisoku or So-in

Instep (top of the foot)

Tsumasaki
Tip of the toes

Nou Brain

Nitoukin Biceps

Erikubi
Nape or back of the neck

Te Hand

Wan or Ude Arm

Santoukin Triceps

Senaka Back

Sebone or Sekitsui Spine

Kassatsu Spine or middle of the back

Bitei or Bitekotsu Coccyx

Momo Thigh

Shitsu-kansetsu Knee joint

Ashi Leg or foot

Soku Foot

Ashi ura or Teisoku
Sole of the foot

Koshi or Chusoku
Ball of the foot

Ushiro kakato Back of heel

Kakato or Kagato or En-sho
Heel

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Jinzo or Ushiro denko Kidneys

Koshi or Goshi Waist or hips

Oshiri or Ushiro inazuma Buttocks

Mata Thigh or groin

Yako Inner region of upper thigh

Fukurahagi or Koushi or Komura or Kobura Calf

Sobi Base of the calf

Akiresu ken Achilles tendon

Hada Skin **Zou** Viscera or bowels **Naizo** Internal Organs, intestines, viscera **Kyusho** Vital point

Hone Bone **Ti or chi or ketsueki** Blood **Kinniku** Muscles, sinew **Kansetsu** Joint **Ken** Tendon