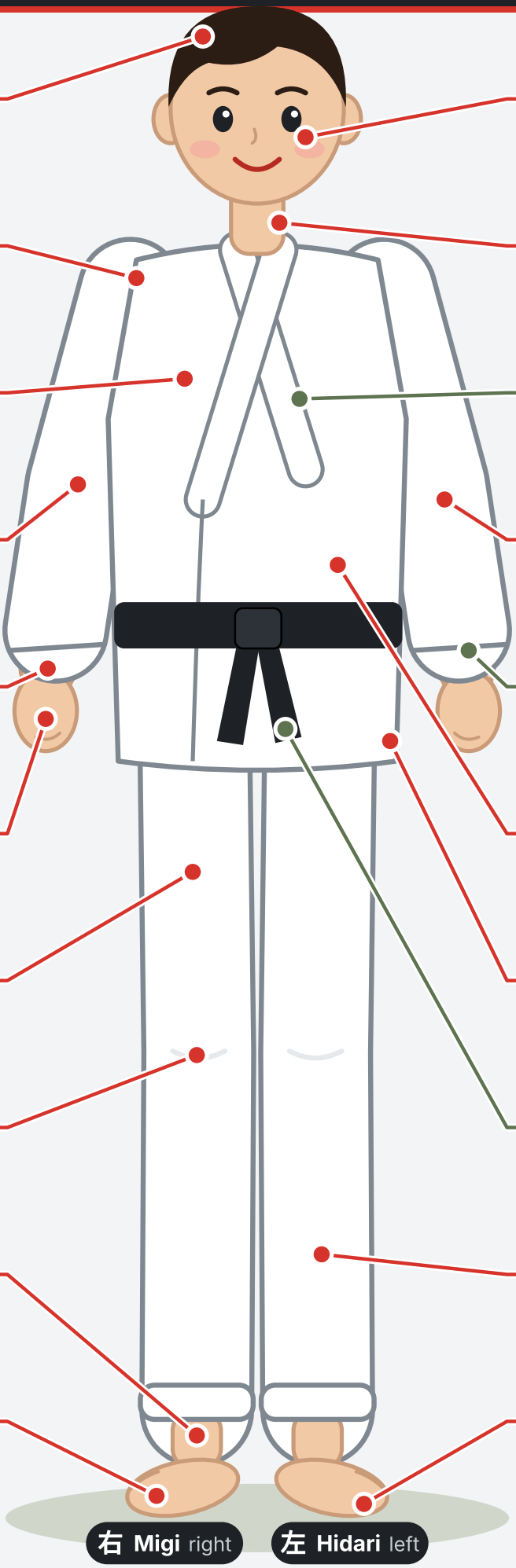
体 Karada – Judo body parts

The Japanese words your sensei uses on the tatami

Body · Judogi

Right / left: seen from the judoka



- 頭 **Atama** — Head
- 顔 **Kao** — Face
- 肩 **Kata** — Shoulder
- 首 **Kubi** — Neck
- 胸 **Mune** — Chest
- 襟 **Eri** — Collar, lapel
- 肘 **Hiji** — Elbow
- 腕 **Ude** — Arm
- 手首 **Tekubi** — Wrist
- 袖 **Sode** — Sleeve
- 手 **Te** — Hand
- 腹 **Hara** — Belly
- 腿 **Momo** — Thigh
- 腰 **Koshi** — Hips
- 膝 **Hiza** — Knee
- 帯 **Obi** — Belt
- 足首 **Ashikubi** — Ankle
- 脛 **Sune** — Shin
- 足 **Ashi** — Foot (and leg)
- 爪先 **Tsumasaki** — Toes

右 **Migi** right

左 **Hidari** left

Find them in throw names: 膝車 Hiza-guruma · 腰車 Koshi-guruma · 肩車 Kata-guruma · 足車 Ashi-guruma