



Disc 7, Part 3: Nā Māhele o ke Kino (Parts of the Body)

Let's take a short departure from the usual flow of the program and learn the words for parts of the human body. These words were not in the vocabulary list for this section.

The best way to learn this would be to touch the part of your body that you are talking about, but obviously, if you are driving or otherwise occupied, it goes without saying that you should not try to do that. Instead, listen and repeat, and visualise in your mind the places that you are talking about.

The word "ko'u" in each phrase means "my".

| | |
|-----------------------|---|
| ko'u maka | - my face |
| ko'u maka | - my eye* |
| ko'u mau maka | - my eyes |
| ko'u lauoho | - my hair |
| ko'u ihu | - my nose |
| ko'u lae | - my forehead. |
| ko'u pepeiao | - my ear |
| ko'u mau pepeiao | - my ears |
| ko'u waha | - my mouth |
| ko'u niho | - my tooth |
| ko'u mau niho | - my teeth |
| ko'u 'ā'ī | - my neck |
| ko'u po'ohiwi | - my shoulder |
| ko'u mau po'ohiwi | - my shoulders |
| ko'u lima | - my arm and hand (but not including the fingers) |
| ko'u mau lima | - my arms and hands (not the fingers) |
| ko'u pūlima | - my wrist |
| ko'u mau pūlima | - my wrists |
| ko'u manamanalima | - my finger |
| ko'u mau manamanalima | - my fingers |
| ko'u 'ōpū | - my stomach (abdomen) |
| ko'u kua | - my back |
| ko'u kuamo'o | - my spine |
| ko'u piko | - my belly button |

*(The word is the same for both "eye" and "face". The context of the conversation helps the listener to know which one the speaker is talking about)

| | |
|------------------------|---------------------------------------|
| ko‘u wāwae | - my legs and feet (but not the toes) |
| ko‘u mau wāwae | - my legs |
| ko‘u kuli | - my knee |
| ko‘u mau kuli | - my knees |
| ko‘u manamanawāwae | - my toe |
| ko‘u mau manamanawāwae | - my toes |

You should perhaps draw a picture of a person and label all the parts so that you can properly learn them. Then take a few days or weeks to slowly learn all of the names. When you think you are ready, try the next exercise to see if you have been able to memorize them.

| | |
|---|--|
| my face | - ko‘u maka |
| my eye | - ko‘u maka |
| my eyes | - ko‘u mau maka |
| my hair | - ko‘u lauoho |
| my nose | - ko‘u ihu |
| my forehead. | - ko‘u lae (make sure you say “lae” and not “lai”) |
| my ear | - ko‘u pepeiao |
| my ears | - ko‘u mau pepeiao |
| my mouth | - ko‘u waha |
| my tooth | - ko‘u niho |
| my teeth | - ko‘u mau niho |
| my neck | - ko‘u ‘ā‘ī |
| my shoulder | - ko‘u po‘ohiwi |
| my shoulders | - ko‘u mau po‘ohiwi |
| my arm and hand (but not including the fingers) | - ko‘u lima |
| my arms and hands (not the fingers) | - ko‘u mau lima |
| my wrist | - ko‘u pūlima |
| my wrists | - ko‘u mau pūlima |
| my finger | - ko‘u manamanalima |
| my fingers | - ko‘u mau manamanalima |
| my stomach (abdomen) | - ko‘u ‘ōpū |
| my back | - ko‘u kua |
| my spine | - ko‘u kuamo‘o |
| my belly button | - ko‘u piko |
| my legs and feet (but not the toes) | - ko‘u wāwae |
| my legs | - ko‘u mau wāwae |
| my knee | - ko‘u kuli |
| my knees | - ko‘u mau kuli |
| my toe | - ko‘u manamanawāwae |
| my toes | - ko‘u mau manamanawāwae |

So how did you do? Pehea ka hana? Maika‘i paha.
E hana kākou i kekahi ha‘awina i kēia manawa.