



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.