Pose keypoints cheat sheet

COCO 17 and BlazePose 33 index maps, copied from the model sources

Sources read 2026-10-17
MMPose · MediaPipe Tasks

COCO 17 KEYPOINTS

Names and order: keypoint_info in MMPose's configs/_base_/datasets/coco.py. Used by MoveNet (TF.js pose-detection); PoseNet (TF.js pose-detection); Ultralytics YOLO26 default pose models; RTMPose 17-keypoint body models (MMPose).

#	Name (as the source spells it)	BlazePose #
0	nose	0
1	left_eye	2
2	right_eye	5
3	left_ear	7
4	right_ear	8
5	left_shoulder	11
6	right_shoulder	12
7	left_elbow	13
8	right_elbow	14
9	left_wrist	15
10	right_wrist	16
11	left_hip	23
12	right_hip	24
13	left_knee	25
14	right_knee	26
15	left_ankle	27
16	right_ankle	28

MAPPING COCO 17 TO BLAZEPOSE 33

All 17 COCO points have a BlazePose point with the same name once case and separators are removed, so `blaze[map[i]]` reads COCO point `i`:

`[0, 2, 5, 7, 8, 11, 12, 13, 14, 15, 16, 23, 24, 25, 26, 27, 28]`

The reverse is partial: BlazePose's 16 other points (eye corners, mouth, fingers, heels, foot index) have no COCO 17 counterpart.

SOURCES

https://github.com/open-mmlab/mmpose/blob/main/configs/_base_/datasets/coco.py
https://github.com/google-ai-edge/mediapipe/blob/master/mediapipe/tasks/python/vision/pose_landmarker.py

BLAZEPOSE 33 LANDMARKS

Names and order: the PoseLandmark enum in MediaPipe's Tasks pose_landmarker.py. Used by MediaPipe Pose Landmarker (Tasks API); MediaPipe Pose (legacy Solutions API); BlazePose in TF.js pose-detection.

#	Name (as the source spells it)	COCO #
0	NOSE	0
1	LEFT_EYE_INNER	—
2	LEFT_EYE	1
3	LEFT_EYE_OUTER	—
4	RIGHT_EYE_INNER	—
5	RIGHT_EYE	2
6	RIGHT_EYE_OUTER	—
7	LEFT_EAR	3
8	RIGHT_EAR	4
9	MOUTH_LEFT	—
10	MOUTH_RIGHT	—
11	LEFT_SHOULDER	5
12	RIGHT_SHOULDER	6
13	LEFT_ELBOW	7
14	RIGHT_ELBOW	8
15	LEFT_WRIST	9
16	RIGHT_WRIST	10
17	LEFT_PINKY	—
18	RIGHT_PINKY	—
19	LEFT_INDEX	—
20	RIGHT_INDEX	—
21	LEFT_THUMB	—
22	RIGHT_THUMB	—
23	LEFT_HIP	11
24	RIGHT_HIP	12
25	LEFT_KNEE	13
26	RIGHT_KNEE	14
27	LEFT_ANKLE	15
28	RIGHT_ANKLE	16
29	LEFT_HEEL	—
30	RIGHT_HEEL	—
31	LEFT_FOOT_INDEX	—
32	RIGHT_FOOT_INDEX	—

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