

How to learn the HAKA!

You may want to learn the New Zealand Haka as part of the International Dance Day. Here are the steps to follow and a video link too.

<https://www.youtube.com/watch?v=p5cHEID5cf8>

| LEADER <i>"Ringa pakia! Uma tiraha! Turi whatia, Hope whai ake" (Maori)</i> "Slap the hands against the thighs! Puff out the chest! Bend the knees, Let the hip follow" (Translation) | STARTING POSITION <i>"Waewae takahia kia kino!"</i> "Stomp the feet as hard as you can" <i>"Ka mate, ka mate!"</i> "It is death!, It is death!" x6 | TEAM <i>"Ka ora! Ka ora!"</i> "It is life!, It is life!" x2 | | |
|---|--|--|--|------------------------|
|  |     |     | | |
| <i>"Nana nei tiki mai whakawhiti te ra"</i> "Who caused the sun to shine again for me" | <i>"A Upane! Ka Upane!"</i> "Up the ladder, Up the ladder" | <i>"Upane Kaupane"</i> "Up to the top" | <i>"Whiti te ra!"</i> "The sun shines!" | <i>"Hi!"</i> "Rise" |