

# HOW TO DO

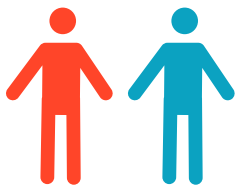
## THE HAKA



### INSTRUCTIONS

Ringa pakia, uma tiraha, turi whatia, hope whai ake (Maori)

Slad the hands against the thighs, puff out the chest, bend the knees and let the hips follow



LEADER TEAM

**Waewae takahia kia kino**

Stomp the feet as hard as you can



**Ka mate, ka mate (x6)**

It is death! It is death!



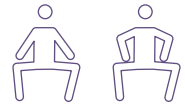
**Ka ora! Ka ora! (x6)**

It is life! It is life!



**Ka mate, ka mate (x2)**

It is death! It is death!



**Ka ora! Ka ora!**

It is life! It is life!



**Tenei te tangata puhuru huru**

This is the fiece, powerful man



**Nana nei tiki mai whakawhiti te ra**

Who caused the sun to  
shine again for me



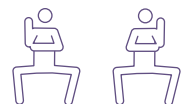
**A upane! ka upane!**

Up the ladder! Up the ladder!



**Upane kaupane**

Up to the top



**Whiti te rai!**

The sun shines!



**Hi!**

Rise!



Multicultural  
Week