

How to do the Haka

Made famous by the All Blacks - the haka is an ancient posture dance of the New Zealand Māori that was traditionally used to prepare for battle. It was performed either on the battle field prior to engagement with the enemy, or as the war party was leaving their own village en route to a battle.

The ferocious nature of the haka created a united frenzy among the war party preparing them mentally and physically for the reality of war and impending conflict.

Why not give it a try at home? Maybe some great pre-exam prep?

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

<https://media.newzealand.com/en/story-ideas/history-of-the-all-black-haka/>

<https://www.telegraph.co.uk/sport/rugbyunion/international/newzealand/11214585/How-to-do-the-Haka-Master-the-fearsome-Maori-dance-in-11-Steps-with-pictures.html>