

Senior Kapa Haka

2018

Karakia Timatanga

Me takatū, me whīiki - *Get ready, get set*

Me whakarongo ki te tangata kē - *Just listen to others*

Mahia ngā mahi papai ki a koe - *Do things you enjoy*

Kia ū ki ō whakaaro - *Think for yourself*

Tiakina tō tinana ake - *Treasure your body*

Me tū rangatira - *Be awesome*

Kia Māia, Kia Toa- *Show Pride.*

Tihei Mauri Ora

Waiata - Himene

Whakataka te hau ki te uru

Whakataka te hau ki te tonga

Kia mākinakina ki uta

Kia mātaratara ki tai

E hī ake ana te atakura

He tio, he huka, he hau hū

Tīhei mauri ora!

E Te Hokowhitu - a Tu

E te Hokowhitu-a-Tu

Kia kaha ra

(arms to elbows x2)

Kati ra te hingahinga

Ki raro ra

(Round and clap hands below)

Ma nga whakaaro

Kei runga rawa

(one arm coming up at time)

Hei arahi ki te ara

E tika ai

(moving hands forward and back)

Whirinaki, whirinaki

(arms in and out (lawnmower action))

Tatou katoa

Kia kotahi ra

Nga marae e tu noa nei

(hands up together)

Nga maunga e tu noa nei

(hands up together)

Aue ra e tama ma

Te mamae te pouri nui

E patu nei i ahau ina

Kia kotahi ra

Ngarimu aue

(hands down in front

slowly)

Anei to iwi e

E rurutu nei

E te Hokowhitu-a-Tu

.....

Kia kotahi ra

Tihore mai te rangi - Poi and Waiata

Tihore mai te rangi	E rere te kōtare	e rere e noke
tīhore mai	ki runga pūwharawhara	mai i tō pokorua
mao mao mao te ua	ruru parirau	kai ki i te wai
whiti mai te rā,	kei mate i te ua,	kai mate i te ua,
mao mao mao te ua	ruru parirau	kai ki i te wai
whiti mai te rā,	kei mate i te ua.	kai mate i te ua,
Tihore mai te rangi . . .		(Go back to tihore)

Ending: whiti mai te rā, e . . . i . . . e . . . whiti mai te rā

NAU MAI RA

Kei te aroha au ki a koe

e tānoatia nei e tauwhenua

rawa kore mai koe ki konei

ka toro te ringa ki tō kaha

nau mai rā, ki te papa, papa tipu

nau mai rā, te karanga a te ngākau

tū ana i te pari

horo kau iho te ao

kua ruha i te pakanga

rapua he ara hou

nau mai rā, *tēnei rā tō kāinga*

nau mai rā, *te karanga a te ngākau*

nau mai rā, *te karanga a te ngākau*

haere tonu mai, haere tonu mai

ko te ngākau tuwhera ka tū atu nei

haere tonu mai, haere tonu mai

haere tonu mai, nau mai haere mai

(build up)

kua pōhiri te reo karanga, haere mai

kua pōhiri ngā maunga, haere mai

ko te ao tea roa o konei

te hoa tauwhai o te rā

mā te pango, te mā, me te pai

ka iwi kotahi te ao

nau mai rā, ki te papa, papa tipu

nau mai rā, tēnei rā tō kāinga

nau mai rā, te karanga a te ngākau

te karanga a te ngākau

PAIKEA

Uia mai koia, whakahuatia ake;

Ko wai te whare nei e?

Ko Te Kani

Ko wai te tekoteko kei runga?

Ko Paikea! Ko Paikea!

Whakakau Paikea. Hi!

Whakakau he tipua. Hi!

Whakakau he taniwha. Hi!

Ka ū Paikea ki Ahuahu. Paikea!

Kei te whitia koe

ko Kahutia-te-rangi. Aue!

Me ai tō ure ki te tamahine a Te Whironui - Aue!

nāna i noho te Roto-o-tahe.

Aue! Aue!

He koruru koe, koro e. (*Katahi, Karua, Katoru, Kawha...*)

Nga Atua

Tawhirimatea

Nga rangi e tu iho nei

Tawhirimatea

Tumatauenga

Nga rangi e tu iho nei

Tumatauenga

Rongomatane

Nga rangi e tu iho nei

Rongomatane

Haumietiketike

Nga papa, HI!

Haumietiketike

Tane Mahuta

E takoto nei

Tane Mahuta

Tangaroa

Ko Nga Atua E... x 2

Tangaroa

Ruaumoko

Ko wai ke atu ko Ruaumoko
e ngunguru e

Ko Nga Atua E x 2

I Au au aue ha HI!

Haka - *Kia eke te maunga*

Kaea: Taringa, whakarongo..

Kaea: Kia mau, Hi!, Kia mau, Hi, Kia mau,

Ko te maunga Rimutaka-

Ko te Awakairangi – Tau kē!

Kia eke tātou ki te taumata

Kia ū ngā wawata- whaia!

Kia eke te maunga – kia eke, kia eke

kss aue x2

Kia tū rangatira – hei āpōpō

Ki te tautoko tēnei kaupapa

mahi ngātahi ki te akiakina

whakanuia, whakamana tangata

mahi ngātahi i te whakahāwea

whangana kia tae ki te taumata

Kia kaha te kura- kia kaha ra

Kia kaha te whanau- kia kaha ra

Kia kaha tonu tātou, Kia eke te maunga x 2

kss aue x2

Karakia Whakamutunga

Unuhia, unuhia

Unuhia ki te uru tapu nui

**Kia wātea, kia māmā, te ngākau, te tinana, te wairua i te ara
takatā**

Koia rā e Rongo, whakairia ake ki runga

Kia tina! TINA! Hui e! TĀIKI E!

Extra Material

NGA IWI E - *Lyrics may differ from video but can sing both versions to same tune.*

Nga iwi e! Nga iwi e!

Kia kotahi ra te Moana nui a kiwa x 2

E-i-a-i-e (whakarongo, tautoko)

Kia mau ra! Kia mau ra!
ki te mana motuhake me te aroha x 2

E-i-a-i-e

Wahine ma! Wahine ma!
Ma-ra-nga mai, Ma-ra-nga mai, kia kaha (Girls only sing this part)

E-i-a-i-e

E tama ma! E tama ma!
E tama tu, E tama tu, tama ora! (Boys sing only)

E-i-a-i-e

Nga iwi e! Nga iwi e!
Kia kotahi mai te Moana-"nui"-kiwa

E i-a i-e (whakarongo, tautoko)

Ka panapana

Kaea : A ra ra! Ka panapana!

Katoa: I a ha ha! Aue!

Kaea. Ka rekareka tonu taku ngākau

Ki ngā mana ririki i Pōhatu-whakapiri,

Katoa: Kia haramai

Kaea:te takitini

Katoa:kia haramai

Kaea: te takimano, Kia paretaitokotia ki Pōneke !

Katoa. Hi! Ha! Aue !!

Kaea. He mamae, he mamae!

Katoa: I ahaha! Aue!

Kaea. Ka haere, ka haere taku pōwhiri ki te tai whakarunga!

Katoa. Hoki mai, hoki mai taku tinana!

Kaea: Ka haere, ka haere taku pōwhiri ki te tai whakararo!

Katoa: Hoki mai, hoki mai taku tinana!

Kaea: Kia huri au ki te tai whakatū a Kupe, ki te tai o Matawhero i motu mai!

Katoa: E ko te hoariri ki roto i aku ringa

Kūtia rawatia, kia pari tōna ihu!

Hī! Hā! Aue!

Ana kss Ana kss Ana kss Aue! HI!

Hutia Te Rito - Waiata kīnaki (of support)

Hutia te rito o te harakeke

Kei hea te kōmako e kō?

Kī mai ki ahau

He aha te mea nui? Te mea nui o tenei ao

Māku e kī atu ki a koe

He tangata! He tangata!

Ki mai, ki ahau, he aha te mea nui o tenei ao?

Maku e ki atu, ki a koe. He tangata, he tangata e

Whakaaria Mai

**Whakaaria mai
Tōu rīpeka ki au
Tiaho mai
Rā roto i te pō
Hei kona au
Titiro atu ai.**

**Ora, mate,
Hei au koe noho ai**