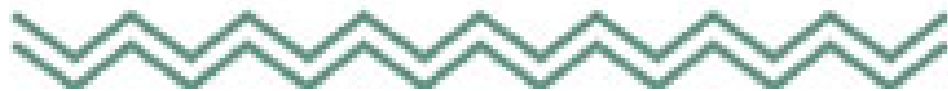


# KMK WAIATA MŌ TE WHĀNAU



KOTAHI MANO KĀIKA  
KOTAHI MANO WAWATA



HE PUKAPUKA WAIATA



# KĀ RĀRAKI KŌRERO

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## KAPA HAKA COMMANDS, TERMS & PHRASES

Te Reo Māori	Te Reo Pākehā
Whakapiri!	Come together!
Whakarāraki!	Line up!
Ki raro!	(Hands) down by your side!
Kia wiri!	Shake (your hands)!
Kia mau!	Be ready/ hold!
Hope!	Hands on hips!
Waewae takahia!	Stamp/ tap your foot!
Ringa i whiua!	Swaying hands!
Pūkana!	Big scarey eyes (Hine mā)!
Whētero!	Protrusion of the tongue (Tane mā)!
E noho!	Sit down!
E tū!	Stand up!
Neke mai!	Move closer/ towards me!
Neke atu!	Move away!
Haere mai!	Come here!
Haere atu!	Go away!
Hīkoi whakamua!	Walk forwards!
Hīkoi whakamuri!	Walk backwards!
Waiata mai!	Sing!
Maniori!	Be quiet!
Whai mai!	Follow me!
Titiro mai!	Look at me!
Whakaroko!	Listen!
Anō!	Again!
Kia pēnei!	Like this!
Haere tonu!	Keep going!
Kāti!	Stop it!
Kia tau!	Settle down!
Tau kē!	Awesome!
Ka pai!	That's good!
Waiata-ā-rika	Action Song
Mōteatea	Chant
Waiata taki	Lament
Waiata aroha	Love Song
Haka Pōwhiri	Haka of Welcome
Waiata Poi	Poi Song

## MOTOKĀ

Motokā iti rawa e  
Māku e taraiwa e  
Taki ana! Taki ana!  
OOO GAA, OOO GAA, OOO GAA!  
Ka kite e te iwi e!



*Really small car  
I will drive  
Beep the horn! Beep the horn!  
OOO GAA, OOO GAA, OOO GAA!  
See you later everyone!*

**TAKUATE***Nā Hana O'Regan i tito*

Takuate ana au  
 Me he tōrea  
 i te whatika tai  
 O Kākaupono, o Maruāpō e  
 Kā tapuae kua toreke iho nei i a koe  
 Rerehu ana mai i te hīpaka o te tai e  
 Ko aku mahara taku pirika e

*Grieving I stand  
 Like the Tōrea on the ebbing tide  
 Of Faith, of Dreams  
 The footprints forsaken by you  
 Slowly fade with the passing of the tides  
 My memories are my hiding place, my retreat*

## TE TINANA



Upoko  
Pakihiwi  
Puku  
Hope  
Waewae

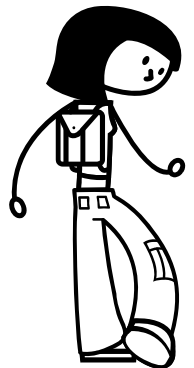
Repeat  
x3

Tarika, whatu, ihu, waha e!

Upoko  
Pakihiwi  
Turi  
Waewae

Repeat  
x3

Tarika whakaroko e!



*This is a waiata-ā-rika or action song which is especially fun for the kids to learn. Touch the parts of your tinana as you sing them as you would do with the English version – Heads, Shoulders, Knees and Toes.*

*To test yourself you can speed up the tempo and see how fast you can do the actions and sing the words at the same time!*

*Upoko – Head  
Pakihiwi – Shoulders  
Puku – Stomach  
Hope - Hips  
Turi – Knees  
Waewae – Feet/ legs*

*Tārika – Ears  
Whatu – Eyes  
Ihu – Nose  
Waha – Mouth  
Tārika whakaroko e! – Listen with your ears!*

Haka

**TĒNEI TE RURU**

**Kaea:** Tahupōtiki!  
**Katoa:** MARAKA! MARAKA!

**Kaea:** Tahupōtiki!  
**Katoa:** MARAKA! MARAKA!

**Katoa:** Tēnei te ruru  
 Te koukou nei  
 Kīhai māhitihiti  
 Kīhai māarakaraka

Te Upokonui o te ruru  
 Terekou!  
 He pō! He pō!  
 He ao!  
 Ka awatea

**HI!**

*TE WHAKAMĀRAMA NĀ MATIU PAYNE*

*The descendants of Tahupōtiki  
 Rise up! Rise up!*

*This is the ruru (morepork) who calls  
 Whose head does not bow  
 From side to side, up and down*

*The head of the ruru is steadfast on it's shoulders  
 As it calls us  
 From the darkness  
 And into the world of light  
 To a dawn of new understanding*





# PŪKĀWEREWERE

Pūkāwerewere  
 Pūkāwerewere  
 Pūkāwerewere  
 Mahia tō whare e!

Haere atu, haere mai  
 Haere atu, haere mai  
 Haere atu, haere mai  
 Mahia tō whare e!

Piki ake, Kake ake  
 Piki ake, Kake ake  
 Piki ake, Kake ake  
 Mahia tō whare e!

Pūkāwerewere  
 Pūkāwerewere  
 Pūkāwerewere  
 Mahia tō whare e!

*Spider  
 Making your web*

*Going away, coming towards me  
 Making your web*

*Climbing up, higher and higher  
 Making your web*

*Spider  
 Making your web*

*Waiata-ā-rika*

A E I O U

A E I O U

A E I O U

Piko, piko, piko, piko, piko, piko

Toro, piko

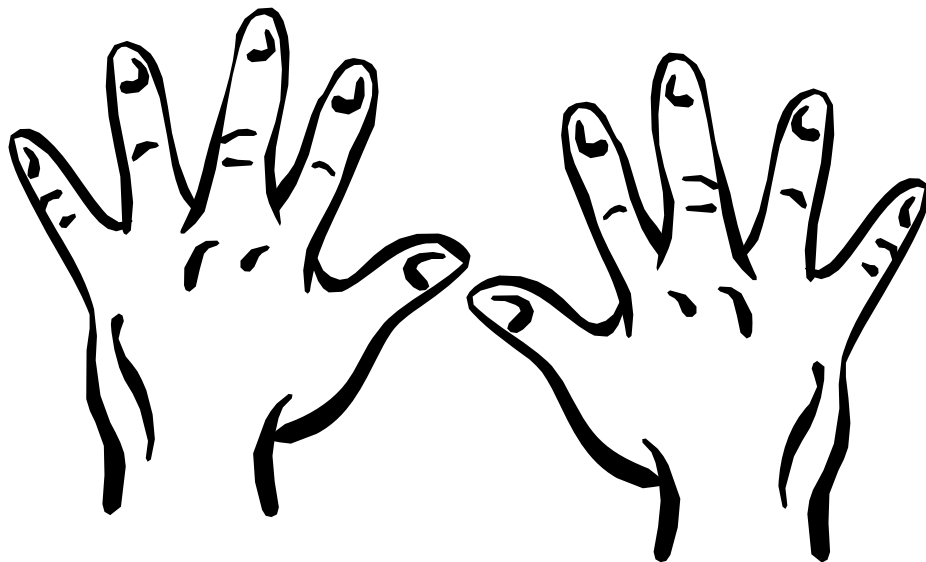


Toro, toro, toro, toro, toro, toro

Piko, toro

*This is a waiata-ā-rika or action song which is especially fun for the kids to learn.  
**Piko** means **to bend** so, bend your arm whenever you say 'piko'.*

***Toro** means **to stretch** so, stretch your arms out in front of you whenever you say 'toro'.*

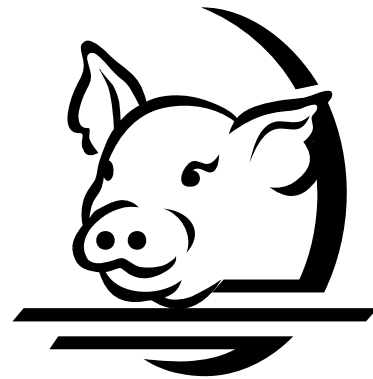


## TOHORĀ NUI



Tohorā nui  
Tohorā roa  
Tohorā tino mōmona  
Tohorā puhapuha  
Whiore piupiu e  
Tohorā kau ana i te moana e!

Poaka nui  
Poaka toa  
Poaka tino mōmona  
Poaka kunekune  
Whiore koropiko  
Poaka hongihongi i te paru e!



*Big whale, long whale, big fat whale  
Spouting whale, with a flapping tail from side to side  
Whale swimming in the sea!*

*Big pig, champion pig, big fat pig  
Kunekune pig with a curly tail  
Pig snorting around in the mud!*

## KĀ MIHI

Tēnā, tēnā koe  
 Tēnā, tēnā kōrua  
 Tēnā, tēnā koutou  
 Haere, haere mai!

Ko au, ko au tēnei  
 Ko koe, ko koe tēnā  
 Ko ia, ko ia tērā  
 Ki te kimi oraka

Ko au, ko au tēnei  
 Ko koe, ko koe tēnā  
 Ko ia, ko ia tērā  
 Ki te ako Māori

*This is a waiata-ā-rika or action song and using actions is a great way to learn a song, karawhiua e koe!*

*Greetings to you (one person)  
 Greetings to you both (two people)  
 Greetings to you all (more than two people)  
 Welcome!*

*This is me  
 That is you  
 That over there is him/ her  
 Searching for health*

*This is me, that is you, that over there is him/ her  
 Learning te reo Māori.*

## E RERE TAKU POI

E rere taku poi  
 E rere taku poi  
 Ki ruka  
 Ki ruka

E rere taku poi  
 E rere taku poi  
 Ki raro  
 Ki raro

E rere ruka  
 E rere raro  
 E rere roto  
 E rere waho

E rere taku poi  
 E rere taku poi  
 Ki ruka, ki ruka

*Swing my poi up high  
 Swing my poi down low*

*Swing it up high, down low, close to me, away from me  
 Swing my poi, up high*



## PAPAKI MAI

Papaki mai ō matimati  
 Waewae whiua ki te taha  
 Takahuri, takahuri, kōwiriwiri  
 Kanikani tō tinana

Hei ha! Hei ha!  
 Pakipaki!

*Click your fingers  
 Pick your legs to the side  
 Turn, turn and shake  
 Make your body dance*

*Clap your hands!*



**NANEA ANA A TIA***Nā Pania Papa*

Nanea ana a tia  
I tā te niho wera  
Mokori anō kia rere a mihi  
I tā te wahawaha

Whiunga o haupā  
Namunamuā  
Pura ana te kanohi o Tahuaroa  
Tēnei a ruranga horokukū ana te hoki  
Ki te kāinga  
He kaha nō te raupī mai  
(HĪ AUĒ HĪ!)  
Whakauwhi mai

KEI WAHO A PITO  
AUĒ HĪ!

## E TAUA MĀ

*I tito ki tētahi Hui Rakatahi ki Arowhenua*

E tāua mā, e pōua mā  
Whakaroko ki te taki o te rakatahi  
E whai ana kā taoka o kā tūpuna Māori e

Tēnei te kaupapa e manaaki nei  
Whakapono, tūmanako me te aroha e

AUĒ! Ka heke kā roimata o kā tūpuna  
Ka pūāwai te rakatahi e

Ka mihi atu ki te whānau o te motu nei  
Kia kaha rā, kia ora rā e te iwi e

AUĒ! Ka heke kā roimata o kā tūpuna  
Ka pūāwai te rakatahi e

HAUMI E! HUI E! TĀIKI E!

*To our elders*

*Listen to the cry of the young people  
As we continue to learn the ways of our ancestors*

*As we embrace the things which are of importance  
The truth, the hope and the love*

*The tears of our ancestors are falling  
And the young people blossom*

*We acknowledge our families and encourage them to  
Be strong and be well in everything you do*

*The tears of our ancestors are falling  
And the young people blossom*



**KA TITIRO**

Ka titiro!  
 Ka titiro!  
 Ka titiro!

**Kaea:** **KA TITIRO!**

**Katoa:** Ka titiro ki te mauka!  
 E marumaru nei i tōna iwi  
 Ko te hukapapa e whāriki nei  
 I a Papatūānuku e  
 Ko Aoraki e tū rā!

Whakaroko mai rā Hākoru!  
 Ki kā rakatahi e mihi nei  
 Ka waiatatia ka taoka tuku iho  
 A Tāua mā, a Pōua mā

E kā iwi e tau nei  
 Mauria mai te aroha  
 O kā tīpuna

**Kaea:** **KA HIKI TE KOHU!**

**Katoa:** Ka hiki te kohu  
 Ka whiti te rā  
 Taki ana mai  
 He Pīpīwharauoa!  
 He mihi tēnei ki a koutou e  
 Kia tau te rakimārie  
 Ki te ao hou  
 Kia kaha!

He Pīpīwharauoa e waiatia nei  
 E kā hau e whā  
 Kia ora rā! Kia ora rā

**TANE:** **WHAKAROKO MAI AUĒ!**

**Katoa:** Whakaroko mai rā Hākoru!  
 Ki kā rakatahi e mihi nei  
 Ka waiatatia ka taoka tuku iho  
 A Tāua mā, a Pōua mā

Ka titiro!  
 Ka titiro!  
 Ka titiro!  
**HEI HA HI!**

# TE MANU PIKŌWHIRI

*nā Matiu Payne – Haka Pōwhiri*

**Kaea:** Nō te tāhuri pā mai o Aoraki mā  
Kia kākahu ai te taniwha e

**Katoa:** E i aha tērā manawa  
Ko Te Hawea i te Raki, ki te tipukina mai o Te Rapuwai,  
Ki a Rākaihautu tū ake nei i a ha ha!  
I a hōmai rā ki te manu pikōwhiri nā Tahu Pōtiki te āriki tipua e!

**Kaea:** Auē horahia atu rā ki te poroporohuariki e

**Katoa:** I haere mai

**Kaea:** Auē horahia atu rā ki te poroporohuariki e

**Katoa:** I haere mai! Auē, haere mai rā e te poroporohuariki  
Ki te taki o te manu huakina e!  
Ūhia piki ake ō manawa  
Ki te rau tawhito o te aroha  
I a ha ha!  
Haere mai rā e te manuhiri tūāraki e!

**Kaea:** Kauraka taku nui i waiho ki konei e

**Katoa:** E i aha tērā!  
Ko te taumata whakaeke  
Ko te paepae ki tai ki te mauka kōrero tū atu rā.  
Koinei ko te pou,  
Ko te pou tāhuhu o te whare kōrero horahia nei.  
Haere mai rā e te manuhiri tūāraki e!

**Kaea:** Haere mai

**Katoa:** Haere mai

**Kaea:** Haere mai

**Katoa:** Haere mai

**AUĒ KI TAKU HUI, HI!**

## ***He whakamārama mō ētahi o ngā kupu o tēnei waiata nā, Matiu Payne***

*Send forth (and give to us) the reply to our manu pikowhiri (kaikaraka - the one who binds the kōrero) who stands as Tahupōtiki - our great ancestor. 'Poroporohuariki' is a word that connects whakapapa. It was originally used between Kāi Tahu and Ngāti Porou. Poroporohuariki was a place on the East Coast. However, after Kāi Tahu migrated south it was the relations in Awarua and Ōtākou who kept this word alive. There is an old manuscript that relates to the Kaikaraka of those two pā. When the Ōtākou tāua would see the Bluff relations coming to visit they would karaka something like "Haere mai rā e te tira i haere mai i te Tūrankanui a Rua i te Poroporohuariki." Which was literally referring to the places of the same name down there (Te Tūrankanui a Rua and Poroporohuariki). The reply from the manuhiri in Bluff would be something similar to "Karakā mai rā e te tira o Muaupoko".*

# KŌRERO, PARIRAU

Kōrero  
Parirau  
Hopehope  
Pakipaki!

CHORUS

Use your hands to **talk**  
Flap your arms like **wings**  
Hands on your **hips**  
**Clap** your hands



Huri, huri, huri, huri, huri  
KI RUKA!  
Huri, huri, huri, huri, huri  
KI RARO!

Repeat

**Turn, turn, turn, turn, turn**  
Put your arms **up** in the air!  
**Turn, turn, turn, turn, turn**  
Put your arms **down** by your side!

CHORUS

Peke, peke, peke, peke, peke  
E TŪ!  
Peke, peke, peke, peke, peke  
E TŪ!

Repeat

**Jump, jump, jump, jump, jump**  
**Stand up!**



CHORUS

Oma, oma, oma, oma, oma  
E TŪ!  
Oma, oma, oma, oma, oma  
E TŪ!

Repeat

Run, run, run, run, run  
**Stand up!**

CHORUS

Kanikani, kanikani, kani  
KIA TAU!  
Kanikani, kanikani, kani  
KIA TAU!

Repeat

**Dance, dance, dance**  
**Be settled!**

*Waiata Tira/ Waiata-ā-rika*

# WHAKAMANA

Nā Kāi Tahu Whānau ki Araiteuru i tito

<b>Tāne -</b>	Whakamana, i te tapu, i ō tātou whānau e		
	Whakamana, i te tapu, i ō tātou whānau e	<b>Wāhine -</b>	Whakamana i te tapu, te ira takata, i ō tātou whānautaka e
	... Pai marie ... mokopuna ... ao mārama.		Pai marie ki kā mokopuna, Ka puta ki te ao mārama.
<b>Tāne -</b>	Te aroha, ka tipu, kei a koutou, taoka e		
	Te aroha, ka tipu, kei a koutou, taoka e	<b>Wāhine -</b>	Nā te aroha ka tipu, kā moemoeā kei a koutou kā taoka e
	... Pai marie ... mokopuna ... te wairua, wairua...		Pai marie ki kā mokopuna Kia tau, kia pai te wairua, wairua...
<b>Tāne -</b>	Whakamana, i te tapu, i ō tātou whānau	<b>Wāhine -</b>	Whakamana i te tapu, te ira takata i ō tātou whānautaka e
	... Pai marie ... mokopuna ... ao mārama		Pai marie ki kā mokopuna Ka puta ki te ao mārama.
<b>Tāne -</b>	Te aroha, ka tipu, kei a koutou taoka e	<b>Wāhine -</b>	Nā te aroha ka tipu kā moemoeā, kei a koutou kā taoka e
	... Pai marie ... mokopuna ... te wairua wairua...		Waimarie ki kā mokopuna, Kia tau, kia pai te wairua, wairua...

*Through family relationships we make the sacredness of people important.  
Bless our mokopuna with good fortune as they venture forth into the physical world.  
Through love and caring your dreams will grow. You have the gifts within you to succeed.  
Bless you, our mokopuna, with good fortune as you venture forth into the spiritual world*

# KARITĀNE

**Kaea:** Nō reira, au, au, auē hā!

Koutou: Karitāne, he wāhi pai  
Pōwhiri karanga mai ki au  
Karanga mai te rangatahi  
Ngā uri o Ōtākou e tau nei

**Kaea:** Auē titiro!

Koutou: Titiro ki te moana  
Ki Ngā tai o Karitāne  
He pīpīwharauoa kei tua

*Tāne:* A HĪ AUĒ AUĒ!

Koutou: Haruru ana ki te moana  
Haruru ana ki te whenua  
Au, au, auē hā!

Koutou: Ko Kāi Tahu, Kāti Māmoe  
Ko Waitaha, Rapuwai te mana e!  
Mihi mai rā Huirapa  
Me te ākau nui o Karitāne e

**Kaea:** Auē titiro!

Koutou: Titiro ki te moana  
Ki ngā tai o Karitāne  
He pīpīwharauoa kei tua

*Tāne:* A HĪ AUĒ AUĒ!

Koutou: Haruru ana ki te moana  
Haruru ana ki te whenua  
Au, au, auē hā!

Koutou: Nō reira, au, au, auē hā!

## PAIKEA MŌ RUATAPU

*Nā Godfrey me Toroa Pohatu te raki  
He waiata tāwhito nā Tahu Pōtiki i tuku mai*

Ko pikopiko noa, haereere noa  
A Whatitata rā ki te takutai anō.  
Kua kite atu ki te iwi nō parāoa  
Mauria mai nei hei patu teiha, hei heru tei taha.

Manaakitia mai e Uenuku, hei tohu mōna nei, hei tohu mōna e.  
Hoki rawa mai nei Uenuku. Kua hē te iringa o te heru e.  
*Uiui rā – Ki ngā poupou o te whare e*  
*Kāhore rā – Te kī mai te waha*  
*Uiui rā – Ki a Kahutia te Rangi e*  
*“Kei whea rā? – Kei whea taku heru? - Taku heru e!”*

Ka riro i te tāhae, pōriroriro.  
Tiraumoko moenga rau raukawakawa nei.  
Whakamā anō tērā a Ruatapu.  
Hoea atu nei ko tōna waka ki te moana e.

Unuhia atu te kōremu. Ka mate pipi e, Ka mate tāhau e  
Mate rā Te Ata o Tumahina nei, Matariki kakau o te ata nei  
*Ruatapu e – “Mā wai rā e kawē atu nei*  
*Tohu ora e – Atu ki uta”*  
*Paikea e – “Māku rā ka tae i ahau e*  
*Tateha e – Ko tateha ika – ure teha e”*

Tauhanga mai Paikea ki a Ruatapu.  
Whakakewa te moana e takoto nei.  
Pokia iho tērā ki Hikurangi.  
Whakaputa i te waru kia mau! (Hei!) Ko te wehi e!

Whati mai te tai o Ruatapu, he puke popo e, he puke popo e.  
E tere rawa mai te hunga ora, te piki ake nei i te maunga e.  
*Ko te hiwīnga – Ko te maihi, ko te marara*  
*Ko te Paru e – A whenua mea*  
*Tutu noa e – I a Mārereatonga e*  
*Mau tonu e – Ki a Ruatapu! Ruatapu e!*

## KUPU HŌU

Te Reo Māori	Te Reo Pākehā
Piko	Bend
Toro	Stretch
Kōrero	Talk/ Speak
Parirau	Wings
Pakipaki/ Papaki	Clap
Peke	Jump
Oma	Run
Kanikani	Dance
Whiua ki te taha	Throw to the side
Takahuri kowiriwiri	Turn/ roll and shake
Motokā iti rawa e	Very small car
Taki	Cry
Ka kite e te iwi e!	Goodbye everyone!
Pukawerewere	Spider/ insect
Mahia tō whare e!	Build your house (web)!
Piki ake/ Kake ake	Climb up
Tohorā	Whale
Poaka/ Kunekune	Pig
Nui	Big
Roa	Long
Tino mōmona	Very Fat
Puhapuha	Sputter
Whiore piupiu	Waving Tail
Whiore koropiko	Curly Tail
Kau ana te moana e!	Swim in the ocean!
Hongihongi i te paru e!	Sniff around in the dirt!
Tēnā koe	Greetings (to 1 person)
Tēnā kōrua	Greetings (to 2 people)
Tēnā koutou	Greetings (to more than 2)
Rere	Fly
Ruka	On top/ above
Raro	Under/ below
Waho	Out/ outside
Roto	In/ inside
Taku	My
Tama	Boy
Kōtiro	Girl
Kaea	Leader
Katoa	You all
Au	Me/ I
Koe	You
ia	He/ She – Him/ Her
Tēnei	This
Tēnā	That (near you)
Tērā	That (away from you)
Ki te kimi oraka	Searching for health
Ki te ako Māori	Learning te reo Māori

## KUPU MŌ TE TINANA

Te Reo Māori	Te Reo Pākehā
Huruhuru/ Makawe	Hair
Upoko	Head
Pakihiwi	Shoulders
Puku	Tummy
Pito	Belly-button
Hope	Hips
Kumu	Bottom
Turi	Knees
Waewae	Legs
Taotao	Toes
Rikarika	Arm/ Hands
Matimati	Fingers
Matikuku	Toe/ Fingernails
Poho	Chest
Konohi	Face
Whatu/ karu	Eyes
Ihu	Nose
Waha	Mouth
Niho	Teeth
Arero	Tongue
Kutu	Lips
Tarika	Ears
Tukemata/ Pewa	Eyebrow
Pāpārika	Cheek
Rae	Forehead
Kauae	Chin/ jawbone
Kaki	Neck