LEADER
“Ringa pakia! Uma tiraha!
Turi whaitia, Hope whai ake”
( Maori )
“Slap the hands against the thighs!
Puff out the chest!
Bend the knees,
Let the hip follow”
( Translation )

STARTING POSITION

“Waewae takahia kia kino!”
“Stomp the feet as hard as you can”

“Ka mate, ka mate!”
“It is death! It is death!”

TEAM

“Ka ora! Ka ora!”
“It is life!, It is life!”

x6

“Ka mate, ka mate!”
“It is death!, It is death!”

“Ka ora! Ka ora!”
“It is life!, It is life!”

“Tenei te tangata puhuru huru”
“This is the fierce, powerful man”

x2

“Nana nei tiki mai whakawhititi ra”
“Who caused the sun to shine again for me”

“A Upane! Ka Upane!”
“Up the ladder, Up the ladder”

“Upate Kaupane”
“Up to the top”

“Whiti te ra!”
“The sun shines!”

“Hi!”
“Rise”