

MĀORI HAKA

Traditionally, haka was a customary way to **welcome** visiting **tribes**, but it also served to invigorate **warriors** as they **headed** **into battle**. It was a show of physical **prowess** but also an embodiment of cultural **pride**, **strength**, and unity.

Although haka is the Māori word for dance, it is not a dance in the sense you might imagine. Usually performed in a group, it involves chanting and actions, such as **stamping**, hand movements, and **facial gestures**.

Haka varies by tribal region, with many haka telling the story of significant events in an iwi's (tribe's) history.

Today, haka is used as a sign of respect and is performed on important occasions, such as sporting events, **weddings**, funerals, and powhiri (a traditional welcome).

Ka Mate

Ka Mate is the haka often performed by the All Blacks. It begins with 'Ka mate, ka mate, ka ora, ka ora', which translates to 'I die, I die, I live, I live.' One can only imagine how Ngati Toa Chief Te Rauparaha **felt** when he first chanted these words 200 years ago. He had just evaded capture by a rival tribe and was given shelter by another tribe, who hid him underground in a kumara (sweet potato) **pit**. Ka mate tells this story, describing how Te Rauparaha **shook off** adversity to emerge from the **darkness** of the kumara pit into the light.

Te Rauparaha became a great Māori chief and warrior, helping to expand Ngāti Toa's territory across the lower North Island.

Vocabulary:

Capacité/talent	To head into battle	
Force	Pride	
La pénombre	To welcome	
Un trou/une fausse	A tribe	
Se débarasser	Feel/felt/felt	

