



The Ka Mate Haka – Notes



- **Activity types:** vocabulary, learning to dance the Haka!
- **Vocabulary:** Parts of the body.
- **Level:** Elementary.
- **Note:** The Ka Mate Haka is a traditional ancestral dance from the Māori people of New Zealand. It is a posture dance performed by a group, with vigorous movements and stamping of the feet with rhythmically shouted accompaniment. The New Zealand rugby team's practice of performing a Ka mate Haka before their matches has made the dance more widely known around the world. (*wikipedia*)
James Joyce saw the All Blacks (the rugby team) performing the Haka in Paris in 1925, and included a version in *Finnegan's Wake*.

- 1) Revise the parts of the body with a quick "Simon says touch your ____" activity.
- 2) Give each student a folded copy of the worksheet. Ask them to label the Māori warrior Te Rauparaha with the parts of the body.
- 3) Add: slap your thighs, puff your chest, bend your knees, drop your hips, stamp your feet
- 4) Ask your students what they know about New Zealand. Elicit rugby and the All Blacks. Have they ever seen the Haka? Do they know anything about the Haka. See Notes above.
- 5) Show them the video at www.youtube.com/watch?v=tdMCAV6Yd0Y (this video is also on www.tuneintoenglish.com). Tell them they are going to learn to dance the Haka.
- 6) Begin with the history. Read the following to the students:

"The Haka is a composition played by many instruments. Hands, feet, legs, body, voice, tongue, and eyes all play their part in blending together to convey in their fullness the challenge, welcome, exultation, defiance or contempt of the words." "It is disciplined, yet emotional. More than any other aspect of Maori culture, this complex dance is an expression of the passion, vigor and identity of the race. It is at its best, truly a message of the soul expressed by words and posture."

– Alan Armstrong, *Maori Games and Haka* (Reed, 1964)

- 7) Ask students to read the story and label the sentences and quotes, then put the sentences in the correct order.

Key:

1. the hairy man who gave protection	TW
2. story teller hiding in the storage hole	TR
7. "I need help, please hide me."	TR
6. "I am big and very hairy, I will help you. Hide in this storage hole."	TW
8. "It is death, it is death."	TR
5. "It is life, it is life."	TR
8. "It is death, it is death."	TR
5. "It is life, it is life."	TR
3. "All clear, you can come out now."	TW
4. "Thank you hairy man for saving me."	TR

- 8) Tell students to unfold the worksheet and to look at the English translations. They are going to prepare to dance the Haka. You can give them a copy of the final page of this worksheet, but note that the All Blacks now slap their chests, not their thighs, and omit some syllables to get a tighter rhythm. Go through the instructions with them. Remind them to shout the words, stamp their feet, grimace, bulge their eyes, stick out their tongues. They are showing people their self confidence and courage, and pride in their ancestors.
- 9) Dance the Haka!



The Ka Mate Haka



1. Label the Māori Warrior with these parts of the body:

- hands
- foot/feet
- legs
- body
- mouth
- tongue
- eyes
- thighs
- chest
- knees
- hips

2. What parts of the body would you associate with these actions:

- slap
- puff
- bend
- drop
- stamp

Read the story and label the sentences with TR for Te Rauparaha and TW for Te Wharerangi, then put the quotes in the correct order.

The best known of all Haka is the Ka Mate, which was composed by a chief named Te Rauparaha in the 1820s. Te Rauparaha was the High Chief of the Ngati Toa and was in charge of lands from Porirua right up to the Kapiti Coast to Levin as well as Kapiti Island.

Once when followed by his enemies, Te Rauparaha came to the warrior Te Wharerangi and asked for his protection. Te Wharerangi hid him in a kumara pit with his wife sitting over the entrance.

"Ka Mate! Ka Mate!" (I die! I die!), said the chief when his enemies arrived. Te Wharerangi said that Te Rauparaha had gone to Rangipo and he whispered "Ka Ora! Ka Ora!" (I live! I live!). The villains did not believe the warrior, so the chief whispered "Ka Mate! Ka Mate!" again. When Te Wharerangi continued to convince the enemies, he said "Ka ora! Ka ora! Tenei te tangata puhuruhuru nana nei i tiki mai whakawhiti te ra!" (I live! I live! For this is the hairy man who has fetched the sun and caused it to shine again!). Te Wharerangi was in fact a very hairy man!

- | | |
|---|-------|
| 1. the hairy man who gave protection | _____ |
| 2. story teller hiding in the storage hole | _____ |
| 3. "All clear, you can come out now." | _____ |
| 4. "Thank you hairy man for saving me." | _____ |
| 5. "It is life, it is life." | _____ |
| 6. "I am big and very hairy, I will help you. Hide in this storage hole." | _____ |
| 7. "I need help, please hide me." | _____ |
| 8. "It is death, it is death." | _____ |

FOLD

Kia rite, Kia rite
 Kia mau, Hi
 Ringa Ringa Pakia
 Wae wae Takahia
 e kino nei ho ki, e kino nei ho ki

Slap your hands against your thighs!
 Puff out your chest.
 Bend your knees!
 Let your hips follow!
 Stamp your feet as hard as you can!



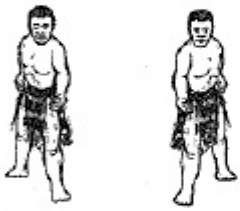

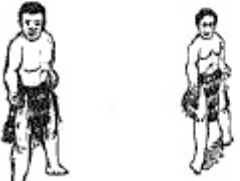



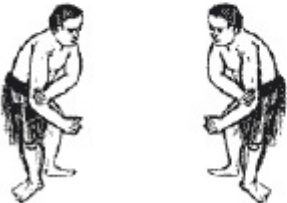

Ka mate! Ka mate! Ka ora! Ka ora!
 Ka mate! Ka mate! Ka ora! Ka ora!
 Tenei te tangata puhuru huru
 Nana nei i tiki mai
 Whakawhiti te ra
 A upa ... ne! ka upa ... ne!
 A upane kaupane whiti te ra!
 Hi!

I die! I die! I live! I live!
 I die! I die! I live! I live!
 This is the hairy man
 Who fetched the sun
 And caused it to shine again
 One upward step! Another upward step!
 An upward step, another ... the sun shines!



The Ka Mate Haka – Dance Moves



<p>Hand beat on thighs in time to beat. The A.Ds now slip their sherts</p>  <p>Ka mate Ka mate</p>	<p>Pull hands down and back on the beat</p>  <p>Ku ora Ku ora waka-ka</p>
<p>(a) (b)</p>  <p>(a) (b)</p> <p>Konei te tōngata</p>	<p>Take pace forward with left foot and pump down with left fist. Maintain position but open hands.</p> <p>(a) (b)</p>  <p>(a) (b)</p> <p>Pūmuruhuru</p>
<p>Pace forward with right foot and pull down with right fist. Maintain position but open hands.</p> <p>(a) (b)</p>  <p>(a) (b)</p> <p>Mū' mai tū' mai</p>	<p>Pace forward with left foot and pull down with left fist.</p> <p>(a)</p>  <p>(a)</p> <p>whakauhiti te ...</p>
<p>(a)</p>  <p>(a)</p> <p>Ra! Hupa!</p>	<p>(a)</p>  <p>(a)</p> <p>Ka-upa!</p>
<p>(a) (b)</p>  <p>(a) (b)</p> <p>A Hupane! Ka-upane!</p>	<p>Leap up on TH!</p> <p>(a) (b)</p>  <p>(a) (b)</p> <p>Whiti te Ka Hū!</p>

- from Maori Games and Haka by Alan Armstrong (Reed, 1964)