



Haka

Utaina

Utaina hei
Utaina hei
Utaina mai ngā iwi o te motu
Ki runga (o te marae) e tau nei
(Turanga, Te Arawa etc)
Hiki nuku e, hiki rangi e
Hiki nuku e, hiki rangi e
A ha ha!
Ka hikitia i tōna iwi
Ka hāpainga i tōna waka
Auē auē auē hā
Auē auē auē hā, hei

*Climb
Aboard
All tribes
Onto this marae alight

Earth and sky dip
Earth and sky lift
Ha!
Uplifting the people
Upraising the canoe
Ha!*

Tōia Mai

Tōia mai, te waka
Ki te urunga, te waka
Ki te moenga, te waka
Ki te takotoranga takoto ai, te waka (x2)

*Drag hither, the canoe
To the entrance
To the place of repose
To the resting place alight your canoe*

Kapanapana

A ra ra! Ka panapana, A ha ha
Ka rekareka tonu taku ngakau
Ki nga mana ririki i pohatu whakapiri
Kia haramai te takitini,
Kia haramai te takimano,
Kia paretaitokotia ki Waiapu!
Hi! Ha!

*Lo, it is throbbing! A ha ha!
Constantly delighting my heart
with the small forces knocking together
May there be multitudes of them bursting in
thousands of them irrupting.
May they flow to the Waiapu.
Hi! Ha!*





Haka

He mamae, he mamae! A ha ha!
Ka haere, ka haere taku powhiri
Ki te Tai Whakarunga!
Hoki mai, hoki mai taku tinana!
Ka haere, ka haere taku powhiri
Ki te Tai Whakararo!
Hoki mai, hoki mai taku tinana!

Kia huri au ki te tai whakatu a Kupe
Ki te tai o Matawhero i motu mai!
E ko te hoariri ki roto i aku ringa,
Kutia rawatia kia pari tona ihu!
Hi! ha! Aue ana! Kss! Kss! Hi!

Yearning, pining! A ha ha!
My invitation goes out
To the Southern Sea!
Come back, come back to my body!
My invitation goes out
To the Northern Sea!
Come back, come back to my body!

I turn to the sea which Kupe raised up
To the sea which breaks at Gisborne!
The assailant in my arms is digging,
He'll be squeezed, choked, until his nose is flowing!
Hi! Ah! Oh keep going! Kss! Kss! Hi!