

Haka Pronunciations and Actions

Kiouw Mo	Stand Up tall
Hey	Stamp and squat
Ca-mar-tay Ca-ma-tay	Slap thighs
Kow-ra Kow-ra	Stamp feet. Arms at waist height, pull back twice
Ca-mar-tay Ca-ma-tay	Slap thighs
Kow-ra Kow-ra	Stamp feet. Arms at waist height, pull back twice
Tenney te tang-ata	Stamp feet. Right hand slap back of left forearm. Repeat for other arm.
Poo Huru Huru	Left arm out right at angle across groin. Wiggle Hand pulling back and forth. Right arm raised and level with head.
Naana nay ticky my	Same with other hand
Facka Fitty tay ra	Same again
A upe-aan-ay A Ko-paan-ay	Big step to left, left arm out and right hand up by ear. Same to the right
Hay!	Stamp to squat
Poo-kahna	Personal gesture