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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | Leader  Everyone  Leader   Everyone   Leader  Everyone Leader  Everyone | **Ki raro  Kia whakarongo, kia mau!**  Hi !  **Ringaringa e torōna**  **kei waho hoki mai!**  Kss Kss    **Tika tonu!**  U - e!  **Tika tonu!**  U... e!  Tika tonu atu ki a koe, e tama  Hiki nei koe aku whakaaro, pakia! He hiki aha tō hiki?  He hiki roa tō hiki?  I ā hā hā! |  | Pay attention  Listen up, take your stance!  Hi! Arms outstretched,  out and back!  Kss Kss    What is right is always right! In - deed!  What is right is always right! Ah... yes!  Be true to yourself, my son! My concerns have been raised about you, so pay attention!*.... .* What is this problem you are carrying? How long have you been carrying it for? Have you got that? Right, let's go on. | |  | E tama, te uaua ana  E tama, te mārō  Roa inā hoki rā  Te tohe o te uaua nā E tāu nei.  Āna! Āna! Āna! Aue... Hī! |  | So son, although it may be difficult for you  and son, although it seems to be unyielding  no matter how long you reflect on it  the answer to the problem  is here inside you. Indeed! Indeed! Indeed! Yes, indeed! | |

**Origin**

As far as is known, this haka was composed by Waimarama Puhara, a highly respected chief of the central Hawkes Bay area. Waimarama was born at Paki Paki in about 1875, the son of Urupene Puhara and Marata Herea, and he married Ngahiti Rautu in about 1900. Apparently he composed the haka in about 1914 as a message to his son Moana, who had been born in about 1899 and had been attending St Patrick's College, Silverstream. At the time Waimarama could see his son was having difficulties - something like a chip on his shoulder or some other intangible problem.Moana married Ngawini Cowan (Kawana) at Gladstone, near Masterton in January 1922. But tragically, he died only five months later.

**Usage**

Young people are taught this haka as it contains an appropriate message for many adolescent males, particularly at that point in their lives where they are making the difficult transition into adulthood. The message of this haka is of challenge, struggle, perseverance and achievement. It is often used at events such as 21st birthdays and graduations. It is also used at tangi, to pay homage and respect to those who have guided young people through difficult times.