Learn the All Blacks haka

When it comes to the Haka, the northern hemisphere is infactuated on everything about it.

It involves scary faces, lots of thigh-slapping and loud chanting.

But there is so much history behind the war dance - so we thought we'd give you a chance to find out what it's all about.

The Academy's giving you the chance to learn the words to the traditional haka performed by the mighty All Blacks.

Renga pakia
(Slap the hands against the thighs)
Uma tiraha
(Puff out the chest)
Turi whата
(Bend the knees)
Hope whai ake
(Let the hip follow)
Waewae takahia ka kino
(Stamp the feet as hard as you can)
Ka mate! Ka mate!
(It is death!, It is death!)
Ka ora! Ka ora!
(It is life!, It is life!)
Ka mate! Ka mate!
(It is death! It is death!)
Ka ora! Ka ora!
(It is life! It is life!)
Tenei Te Tangata Puhuru huru
(This is the hairy man)
Nana nei tiki mai (Who fetched the sun)

Whakawhiti te ra
(And caused to shine again)
A upa ne ka up ake
(One upward step, another upward step)
Upane, Kaupane
(An upward step)
Whiti te ra
(The sun shines!)

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