

(BBC, n.d.)

1905

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## Learn the All Blacks haka



The Haka was first performed by the All Blacks in 1987

**When it comes to the Haka, the northern hemisphere is infatuated 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.

- Ringa pakia**  
(Slap the hands against the thighs)
- Uma tiraha**  
(Puff out the chest)
- Turi whatia**  
(Bend the knees)
- Hope whai ake**  
(Let the hip follow)
- Waewae takahia kia 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 ane**  
(One upward step, another upward step)
- Upane, Kaupane**  
(An upward step)
- Whiti te ra**  
(The sun shines!)

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**Maori pronunciations**  
The Maori language is very different to English. For example, "wh" is pronounced as if it were an "f"

### Why are they called the All Blacks?

When New Zealand first toured England back in 1905/06, they beat Hartlepool 63-0. A Daily Mail reporter called JA Buttery first used the phrase "All Blacks" because "of their sombre football garb (kit)"

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Tana Umaga's All Black magic!

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Does size matter in rugby?

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