

# "Ka Mate" haka

The "Ka Mate" haka is not the only haka, but is a war haka, performed by the All Blacks before rugby games. Usually the leader shouts a set of 5 instructions, then the whole team joins in.

## Ka Mate

Leader	<i>Ringa pakia!</i>	Slap the hands against the thighs!
	<i>Uma tiraha!</i>	Puff out the chest.
	<i>Turi whatia!</i>	Bend the knees!
	<i>Hope whai ake!</i>	Let the hip follow!
	<i>Waewae takahia kia kino!</i>	Stomp the feet as hard as you can!
Leader	<i>Ka mate, ka mate</i>	I die, I die,
Team	<i>Ka ora' Ka ora'</i>	I live, I live,
Leader	<i>Ka mate, ka mate</i>	I die, I die,
Team	<i>Ka ora' Ka ora'</i>	I live, I live,
All	<i>Tēnei te tangata pūhuru huru</i>	This is the fierce, powerful man
	<i>Nāna i tiki mai whakawhiti te rā</i>	Who caused the sun to shine again for me
	<i>A Upane! Ka Upane!</i>	Up the ladder, Up the ladder
	<i>Upane Kaupane</i>	Up to the top
	<i>Whiti te rā,!</i>	The sun shines
	<i>Hī!</i>	Rise!