This is a more difficult haka to perform than the previous ones. Clear enunciation is important. It is a welcome message to visitors.

The second verse is really another haka, which is often joined to the preceding one, as it is here. It proclaims the performers as “the Māori people here groaning with might”.

There is a change of rhythm, so be sure to listen for it. A drum keeps the beat. Consult with the school community, whānau, or local marae/iwi for the actions to this waiata.

Discuss “ihi”, “wehi”, and “wana” and add these to the tikanga/uara chart.

*The song sheets for all waiata and haka are at the back of this book.*