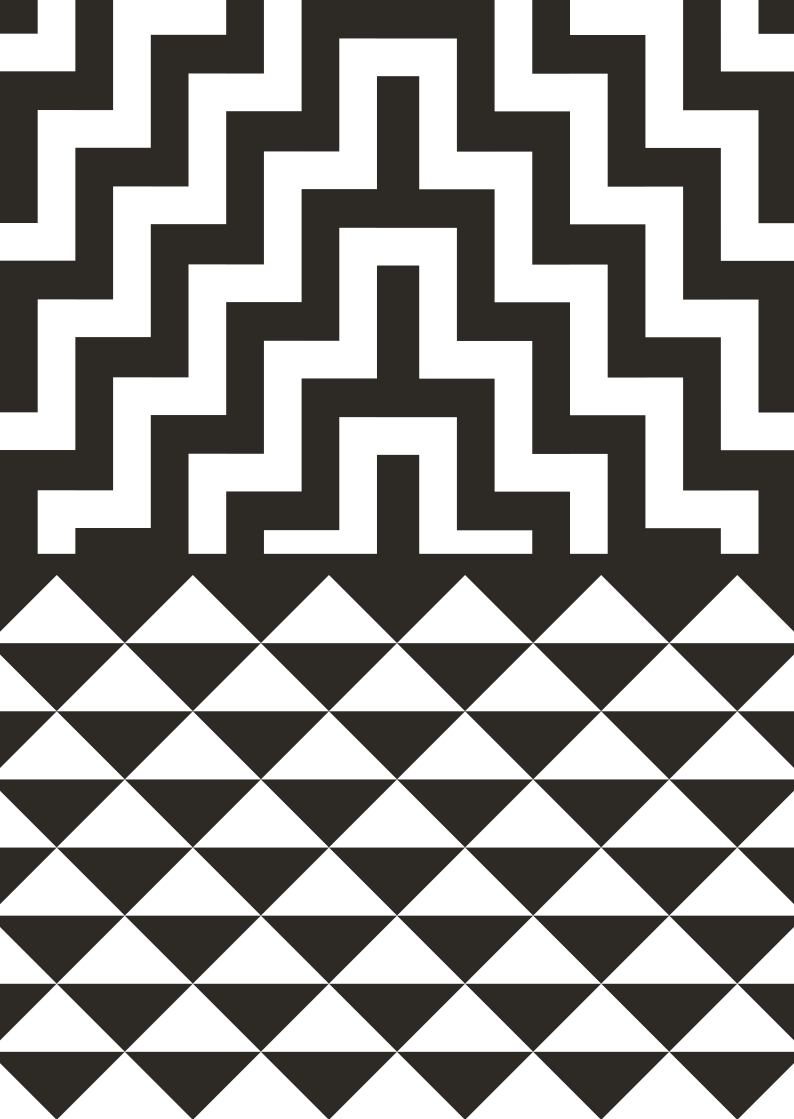


**Kia  
ora**



~~~~~

This booklet includes lots of Māori vocabulary and simple phrases to do with sporting activities that will help expand and polish your skills in our nation's unique language.

So whether you simply want to ask *kei hea te pōro* (where's the ball?) or support your favourite team with a cheer such as *Kia Kaha te Kapa Ō Pango* (Go hard All Blacks) then this booklet is a great place to start.

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#### Contents Ngā Ihirangi

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oooooooooooooooooooo  
**The National Anthem**  
**God Defend New Zealand**  
oooooooooooooooooooo

**E Ihowa Atua  
O ngā iwi mātou rā  
Āta whakarangona  
Me aroha noa  
Kia hua ko te pai  
Kia tau tō atawhai  
Manaakitia mai  
Aotearoa**

**God of Nations at thy feet  
In the bonds of love we meet  
Hear our voices, we entreat  
God defend our free land  
Guard Pacific's triple star  
From the shafts of strife and war  
Make her praises heard afar  
God defend New Zealand**

oooooooooooooooooooo  
**Haka**  
**Kapa o Pango**  
oooooooooooooooooooo

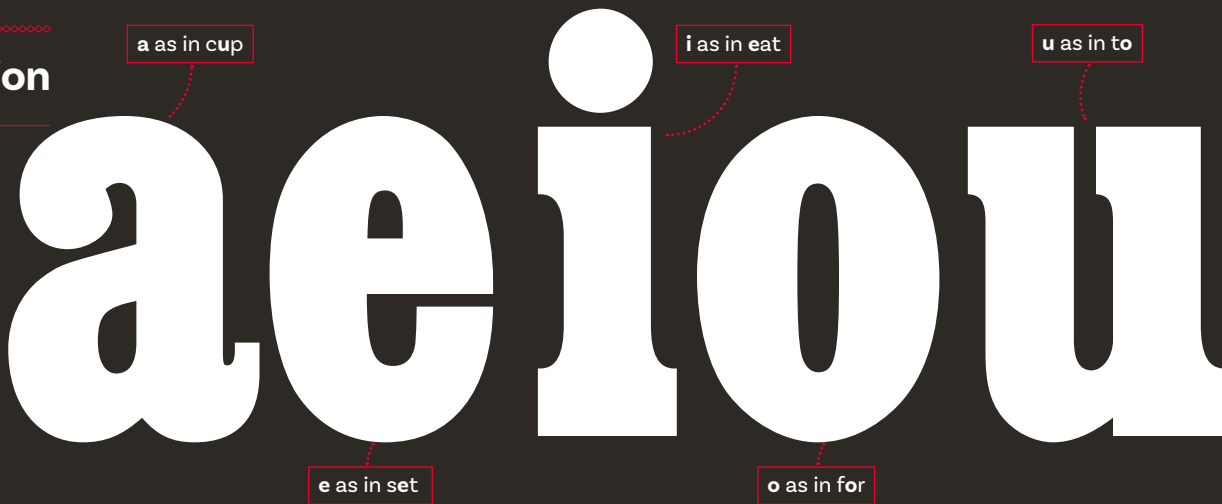
**TARINGA WHAKARONGO!  
KIA RITE! KIA RITE! KIA MAU! HI!  
KIA WHAKAWHENUA AU I AHAU!  
HI AUE! HI!  
KO AOTEAROA E NGUNGURU NEI!  
AU! AU! AU E HA! HI!  
KO KAPA O PANGO, E NGUNGURU NEI!  
AU! AU! AU E HA! HI!  
I AHAHA!  
KA TU TE IHIIHI  
KA TU TE WANAWANA  
KI RUNGA KI TE RANGI E TU IHO NEI  
TU IHO NEI, HI!  
PONGA RA!  
KAPA O PANGO!  
AUE HI! HA!**

\* Macrons are not included in the text in acknowledgement of its original form

## Pronunciation

### Vowels Ngā oropuare

Māori vowels are much the same as many other languages (except English!). Here are the short vowels:



### Macrons Ngā tohutō

A macron is a line written above a vowel and indicates a long vowel sound. It's important to get the vowel length right.



### For example Hei tauira

He *keke* māu?

Would you like some *cake*?



He *kēkē* māu?

Would you like some *armpit*?

### Consonants Ngā orokati



# NŌ HEA KOE?

Where are you from?

## New Zealand Aotearoa

A great way to promote the correct pronunciation of the language is to say place names correctly in daily conversation. It takes a bit of effort at first, but it won't be long before it becomes second nature!



**Impress  
your  
friends!**

Learn how to say NZ's longest place name:

**Taumatawhakatangihangākōauau  
aTamateaturipūkākāpikimaunga  
horonukupōkaiwhenuakitanatahu**



## General phrases

Now you've got the basic pronunciation covered have a go at these simple, everyday phrases.

### Hello

Kia ora

Tēnā koe

### How are you?

Kei te pēhea koe?

E pēhea ana koe?

Kei te aha koe?

Did you know?

# Kia ora

means

# Thank you

as well as

# Hello

### Good

Kei te pai

E pai ana

Ka nui te ora

### Bye

Hei konā

Haere rā!  
(speaker stays)

E noho rā  
(speaker leaves)



## Sports phrases Kupu hākinakina

### Kēmu

Game

### Hākinakina

Sport

## Taiwhanga hākinakina

Stadium

### People

Kaitaki  
Captain

Kaiwhakaako  
Coach

Kaitākaro  
Player

Hoariri  
Opponent

Kaiwawao  
Referee

### Scoring

Tapeke/Kaute Score

Toa To win, winner

Hinga To lose

Rite Draw

### Timings

Timata Start/Kick off

Haurua tuatahi First half

Hauruatanga Half-time

Haurua tuarua Second half



## On and off the field phrases

Ngā kīanga mā ngā kaitautoko  
me ngā kaitākaro

**Kua wana ake rātou!**  
They're making a  
comeback!

**Kia manawanui**  
Hang in there

**Haukerekerehia!**  
Smash 'em!

**Ka mau te wehi!**  
That's  
outstanding!

**Kia kaha  
ake e  
kare mā!**

Let's go team!

**Tau kē  
Aotearoa!**

Awesome Aotearoa!

**Kua pī te tero**  
Couldn't quite  
get the win

**He whānako!**  
We were robbed

**Waimarie!**  
Lucky

**Kei raro e  
putu ana!**  
We/They lost

**Ānana!**  
That's it!

**Kei te wātea a ...**  
... is free!

**Kei reira!**  
He's in!

## Profiles

**Hinewehi Mohi**

**One song, one singer,  
one language**



Singer  
Hinewehi  
Mohi has  
a special  
place in the  
history of the  
revitalisation

of the Māori language. In 1999 she was in the UK promoting her first album, *Oceania*, when she was asked to sing the national anthem at Twickenham before the New Zealand-England World Cup game. And she did. In Māori.

“Put your hand on your heart and feel the wairua of those that have been and those who still live and breathe the strength and vitality of our nation. Sing your heart out.”

► You can read the full interview with Hinewehi Mohi here:  
[www.tetaurawhiri.govt.nz/resources](http://www.tetaurawhiri.govt.nz/resources)

**Wayne Shelford**

**Buck brings  
it back**



Former  
All Black  
captain  
Wayne  
'Buck'  
Shelford  
is still

celebrated as the leader who revitalised the haka as a key part of the All Blacks' brand and performance.

“Many can do kapa haka but not speak. You can see now the All Blacks they are really enjoying it – and with kapa haka comes the language. I think well, if you can learn a haka you can learn the reo.”

► You can read the full interview with Wayne Shelford here:  
[www.tetaurawhiri.govt.nz/resources](http://www.tetaurawhiri.govt.nz/resources)

**Kia kaha  
te Kapa ...**

Go hard (team name)

Maka  
Pass

Rutu  
Tackle

Whana Whiu  
Penalty Kick

**Kaua e  
pāhia,  
whanahia!**

Pou mua  
Forwards

Pou muri  
Backs

**E oma!**

Run!

Whana Taka  
Drop Kick

Whana Whakaū  
Conversion

Don't pass it, kick it!

# Whutupōro

**Rugby**

Pae Whiu  
Sin Bin

Whiu  
Penalty

Piro Whiu  
Penalty Try

**Maka  
Whakamua!**

Forward Pass!

Tuohu +  
Whītiki + Mau  
Crouch +  
Bind + Set

**Maranga!**

Get up!

Tūhapa!  
Offside!

Taka whakamua!  
Knock On!

Whakarārangi  
Lineout

Maka hōhipera  
Hospital pass

Kakari  
Scrum



## Water sports

Ngā hākinakina wai

**Hōpua kaukau**  
Swimming pool

**Kahu kauhoe**  
Swimming togs

**Wai**  
Water

**Nāna i kau te awa**  
He swam the river

# Me haere tātou ki te kauhoe

Let's go for a swim

# Ānō nei he ika ki te kauhoe

Swimming like a fish

**Papa reti ngaru**  
Surfboard

**Waka ama**  
Outrigger canoe

**Hoe Waka**  
Rowing

**Hoe**  
Row

**Tino pai ia ki te kauhoe**  
He/she is very good at swimming

**Kau tīraha**  
Backstroke

**Kau tāwhai**  
Freestyle

**Kau āpuru**  
Breast stroke



## Health

Hauora

## Upoko

Head

## Pakihiwi

Shoulder

## Ringa

Arm/hand

## Turi

Knee

## Waewae

Leg/foot

## Whakamahana Warm ups

**Hikituri**  
Knee lift

**Whakapūioio tou**  
Buttock exercise

**Makawae**  
Heel flicks

**Tiriwae**  
Grape vine

**Whakapūioio puku**  
Abdominal exercise

**Turitike**  
High knees

**Kei reira  
koe!**

You've got to get  
into the zone

Tikeikei  
Treadmill

Haukori angi  
Cardio funk



**Kia tere  
tonu tō  
haere!**

Go as fast as you can!

**Kei a koe  
te tikanga  
mō te tere**

Go at your own pace

# Whare kori

The  
Gym

Whakakapa  
manawa  
Up the heartbeat

Ngā akoranga  
whakapakari tinana  
Fitness Class

**Ka nui tēnā**

That's enough

Whakapakari  
tinana  
Workout

**Whakakaha i a koe**

Give yourself energy

Karaehe pahikara  
Cycling class

Paihikara tū  
Exercycle

Haukori  
Aerobics

Tūoma  
Running on the spot

**Kia āta  
haere**

Take it slowly

**Hāua  
te pōro!**

Hit the ball!

Pōitarawhiti  
Netball

Pōirewa  
Volleyball

Pōitūkohu  
Basketball

Pūkuru  
Badminton

Tēnihi  
Tennis

Mātiratira  
Net

Papatākaro  
Court

**Kei hea  
te pōro?**

Where is the ball?

# Ngā hākinakina papatākaro

Court  
sports

Pā tinana  
Contact

Painga  
Advantage

**Papua te  
poirewa**

Pump up the  
volleyball

Hōtaetae  
Obstruction

Hara  
Foul

Kurupiro  
Slam dunk

Wati tū  
Stop watch



**Patua!**

Hit it!

## Other sports He hākinakina kē



Eke panuku!  
Win! Made It!

Kirikiti  
Cricket

Poiuka  
Softball

Piriota  
Billiards

Pā whutupōro  
Touch rugby

## Karawhiua!

Give it heaps!

## Hopukina!

Catch it!

## Eke tangaroa!

Slayed it!

Heke ana te  
werawera!  
Lots of sweat!

Hau pōro  
Golf

Hōkī/haki/hake  
Hockey

Poiwhana/Poikiri  
Football

Rīki  
League

Panga Matā  
Shotput

Omaroa-a-Tōhē  
Marathon

Poroāwhio  
Discus

## Want to learn more?

Go to [www.reomaori.co.nz](http://www.reomaori.co.nz) for resources, events,  
a directory of courses and more.

# ReoMāori.co.nz

Free online dictionary  
[maoridictionary.co.nz](http://maoridictionary.co.nz)

### He mihi

E rere kau atu ana ngā mihi ki a Ngāti Toa Rangatira; Hīnewehi Mohi; Wayne (Buck) Shelford i taunaki mai i te kaupapa nei, kāore i āriarika ngā mihi.

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# TE TAURA WHIRI I TE REO MĀORI

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