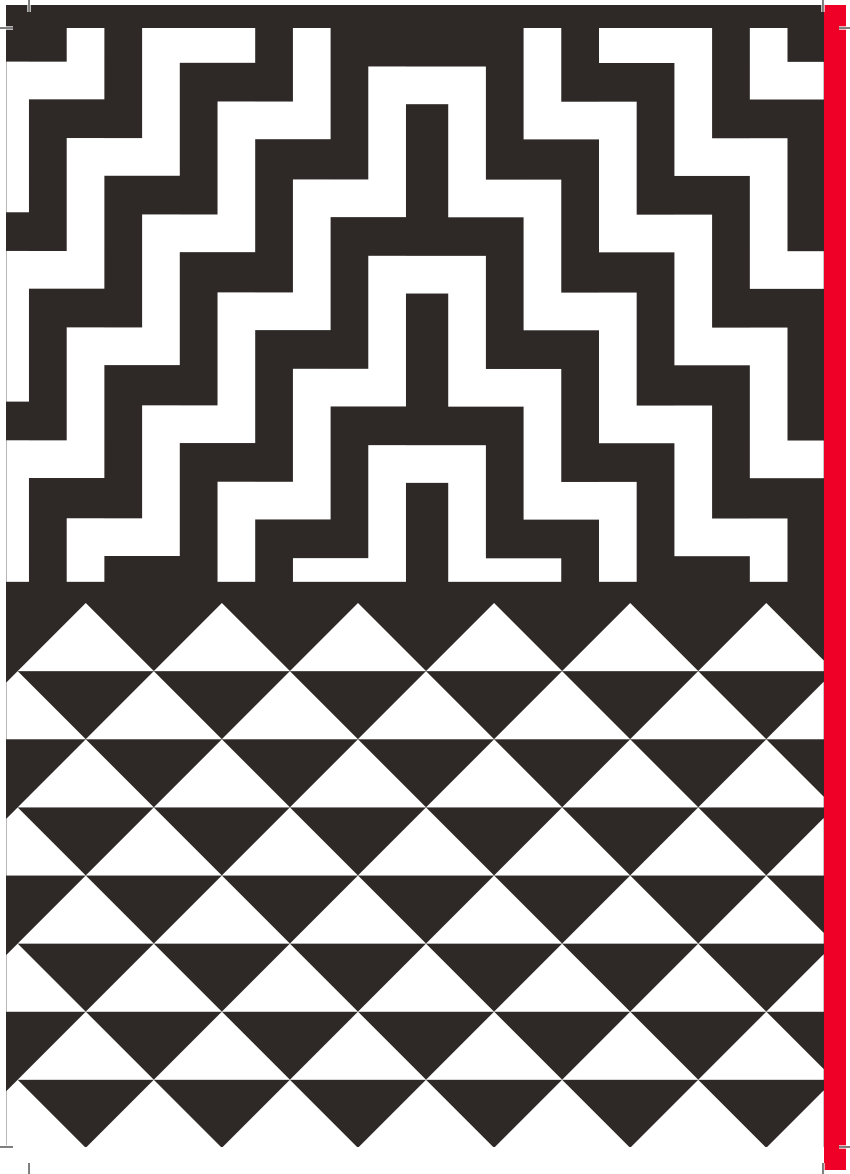


**Kia
ora**



~~~~~

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**

\* 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:

a e

a as in cup

e as in set

### 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.

ā ē ī ō ū

ā as in car

ī as in heel

ū as in rue

ē as in egg

ō as in your

### For example Hei tauira

He *keke* māu?

Would you like some *cake*?



He *kēkē* māu?

Would you like some *armpit*?

i o u

i as in eat

u as in to

o as in for

Consonants Ngā orokati

ng as in singer

p t k m n ng  
wh r h w

wh as in father

r is a rolled 'r' sometimes described as being close to an English 'd' or 'l' sound

# 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:

**Taumatawhakatangihangakoauau  
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

Tīmata 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 kaha  
ake e  
kare mā!**

**Kia manawanui**  
Hang in there

Let's go team!

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

**He whānako!**  
We were robbed

**Haukerekerehia!**  
Smash 'em!

**Tau kē  
Aotearoa!**

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

Awesome Aotearoa!

**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

○  
**Pou mua**  
Forwards

○  
**Pou muri**  
Backs

**E oma!**

Run!



**Whutu**

○  
**Whiu**  
Penalty

○  
**Piro Whiu**  
Penalty Try

**Maranga!**

Get up!

○  
**Tūhapa!**  
Offside!

○  
**Taka whakamua!**  
Knock On!

○  
**Whana Whiu**  
Penalty Kick

○  
**Whana Taka**  
Drop Kick

○  
**Whana Whakaū**  
Conversion

**Kaua e  
pāhia,  
whanahia!**

Don't pass it, kick it!

**ipōro**

**Rugby**

○  
**Pae Whiu**  
Sin Bin

**Maka  
Whakamua!**

Forward Pass!

○  
**Tuohu +  
Whītiki + Mau**  
Crouch +  
Bind + Set

○  
**Whakarārangi**  
Lineout

○  
**Maka hōhipera**  
Hospital pass

○  
**Kakari**  
Scrum



## Water sports Ngā hākinakina wai

**Hōpua kaukau**  
Swimming  
pool

**Me haere  
tātou ki te  
kauhoe**

Let's go for a swim

**Waka ama**  
Outrigger  
canoe

**Kahu kauhoe**  
Swimming togs

**Hoe Waka**  
Rowing

**Wai**  
Water

**Hoe**  
Row

**Ānō nei  
he ika ki  
te kauhoe**

Swimming like a fish

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

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

**Papa reti ngaru**  
Surfboard

**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 angī  
Cardio funk



# Whare

Whakakapa  
manawa  
Up the heartbeat

Ngā akoranga  
whakapakari tinana  
Fitness Class

# Whakakaha i a koe

Give yourself energy

Karaehe pahikara  
Cycling class

Paihikara tū  
Exercycle

**Kia tere  
tonu tō  
haere!**

Go as fast as you can!

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

Go at your own pace

**e kori**

**The  
Gym**

**Ka nui tēnā**

That's enough

**Whakapakari  
tinana  
Workout**

**Haukori  
Aerobics**

**Tūoma  
Running on the spot**

**Kia āta  
haere**

Take it slowly

**Hāua  
te pōro!**

Hit the ball!

●  
**Poitarawhiti**  
Netball

●  
**Poitūkohu**  
Basketball

●  
**Poirewa**  
Volleyball

●  
**Pūkuru**  
Badminton

**Ngā hāki**  
**pa**

●  
**Pā tinana**  
Contact

●  
**Painga**  
Advantage

**Papua te  
poirewa**

Pump up the  
volleyball

●  
**Hōtaetae**  
Obstruction

●  
**Hara**  
Foul

Kei hea  
te pōro?

○  
Tēnihi  
Tennis

○  
Mātiratira  
Net

○  
Papatākaro  
Court

Where is the ball?

# inakina patākaro

Court  
sports

○  
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!

**Haupōro**  
Golf

**Hōkī/haki/hake**  
Hockey

**Poiwhana/Poikiri**  
Football

**Rīki**  
League

**Panga Matā**  
Shotput

**Omaroa-a-Tōhē**  
Marathon

**Poroāwhio**  
Discus

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# Want to learn more?

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

## ReoMāori<sup>.co</sup><sub>.nz</sub>

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Free online dictionary

## [maoridictionary.co.nz](http://maoridictionary.co.nz)

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### He mihi

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

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MĀORI LANGUAGE COMMISSION

