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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)
- Upa ne, 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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