

## ARDMORE HAKA:

Leader	Response from group	Actions by group.
Akarana..		<i>Group speak <u>only</u> the response words in red</i>
Akarana	Hei	-group assembles, extends arms, elbows out, hands to elbows
Akarana	Hei	-bend knees ditto
Ringaringa pakia		-bend knees ditto
Pakia, pakia kia ritai	E rita nei hoki	- Slap hands on thigh
Waewae takahia		- slap hands and stamp feet
Takahia, takahia kia kino	E kino nei hoki	-continue
Ringaringa e torona kia waho mau tonu		- stretch out hands, keep outstretched
Toe ka tau	Hei	- Extend fingers, stamp right foot
Toe ka tau	Hei	- Extend fingers, stamp right foot while rotating right to left
Toe ka tau ki Akarana whangaia mai ra	Nge, nge, nge ara tu	- Extend fingers, stamp right foot while rotating back right
Whangaia mai ra	Nge, nge, nge ara tu ara tau ara tei	- Slap right elbow with left hand, stamp right foot
Akarana, hairiri, kaitai karua		- Slap left elbow with right hand, stamp right foot
Homai,		- Slap right wrist with left hand
Okapu,		- Right fist to left knee
Otawa		- Left fist to right knee
Kia weta wetia		- Right fist to left knee
Kia toka tokia		- Rotate fists over each other then throw both fists r't shoulder
Akarana	He	- Rotate fists over each other then throw both fists left shoulder
Akarana	Hei	- Right fist to left knee
Akarana	He	- Left fist to right knee
	Hi	- Right fist to left knee
	Hei haaa!!!	- Left fist to right knee
		- Both arms above head and leap in air