

HAKA: Look at me I am Man

HAKA: Tenai au he tangata

Look at me, I am a man.

I have strength, I have power, I have intelligence.

*Tenei au he tangata he tupua he tangata mana tonu
kua puare nga tatau I tikitiki o rangi*

I am made in the image of God almighty

I am beautiful. I am total.

I a ha ha!

He atua he tangata huatau mai o te orokohanganga

I am in harmony with all that is natural, with all that is spiritual.

I am placed on the earth. This is my place.

*No roto I te Kawa Hono o te ao turoa poua te iho atua ki te
uma a papatuanuku, taku toi whenua e takoto mai nei e*

This is my head, from which I think, look,
hear, smell, breathe, taste and talk.

*Nei toku mahuna e hua ai te mahara, ka titiro, ka rongo, ka
ngongo I te kakara ka puta te kupu*

Life going in, life going out.

Manawa whakaroto, Manawa whakawaho

These are my hands with which I will work, receive, give,
protect.

Do unto you. Do unto me.

*Nei oku ringaringa ka raupa te mahi, ka hopu, ka hoatu, ka
manaaki I te tangata. A mahia te Mahi ano nei ko koe*

This is my body, my centre, my core, my home.

Nei toku tinana, toku pa kaha e.

These are my legs with which I will stand, walk, run -
steadfast and sure.

*Nei oku waewae ka kawea I taku hanga ka kawea I a ahau kia
tu tangata tonu*

I have been given these gifts to fulfill my purpose, to fulfill
God's plan.

*He takoha ra enei na toku Atua kia tutuki I a ahau ana I
tohutohu*

Let me succeed. Let me succeed.

Kia angitu kia angitu kia angitu I te ao

Let me not use any of these gifts to cause harm or damage to
those whom I love, or who love me;

*Kei kawea ketia enei taonga takoha tuku iho ki te whakawiri
ki te tukino I a ha ha I te hunga e arohatia ana*

To the woman who chooses to walk beside me;

Ki te wahine ka whai kia hikoi ngatahi I taku taha tonu

To the children given into our care.

Ki nga tamariki ka riro mai kia atawhaitia

Let me not raise my face, my voice, my hands, my body or
my legs against those who depend on me.

*Kia kauaka taku mata taku reo, aku ringaringa, taku tinana,
aku waewae e hapainga I te riri ka pai ki te hunga e whirinaki
mai ana*

They depend on me. They deserve my love. They depend on
me. They deserve my care.

*Ko au to ratau totara. No ratau taku aroha. Mo ratau aku
manaakitanga*

They have every right to expect me to protect them from wild animals, from harmful beings, from noises in the dark, from all that rises up against us.

Ko toku tinana hei pa tuwatawata mo ratau I nga wa o te kino o te raru o nga mea ka tupono mai e ta

This is my family. These are my gifts, my gifts, my gifts. These same gifts for my family will be

Noku tenei whanau. Nei aku takoha. Nei aku takoha. Nei aku takoha. Hei rakau papatu

weapons against our enemies or weapons against my family and gifts for my enemies.

*I o matau hoariri e,
Nei aku takoha hei rakau papatu I taku whanau ranei hei takoha ranei mo aku hoariri*

I will not let it be, I will not let it be:

The latter for the former

*E kore e kore e kore au e whakaae. E kore e kore e kore e pera.
Mo mua e mua mo muri, e muri hi*

Oh God be my strength

Oh God be my strength, Amen.

Aue e Te Atua ko koe toku kaha, aue e Te Atua ko koe hei pa kaha moku

Tuturu whakamaua kia tina, tina, huie taeki e!