



**TE WĀNANGA O RAUKAWA**  
*E Kore Au E Ngaro* ▲▼▲▼▲▼▲▼▲▼▲▼▲▼▲▼

**NGĀ HUA NUI O TE KAPA HAKA**

Nā

Te Maharanui Mikaere

Mā

Te Wānanga o Raukawa

**2021**

## NGĀ HUA NUI O TE KAPA HAKA

### WĀHANGA TUATAHI: HE KUPU WHAKATAKI

#### He whakaahuatanga whānui

Ko te kapa haka te hāhi hōu o te ao Māori, ko te nui o te iwi Māori kua whai i tēnei atua hōu, a Tānerore a Hinerēhia, ko te pere tēnā e tāwara nei ki te motu katoa, ā, kua rāhiri te katoa ki te karakia.<sup>1</sup>

E nui ana te tautoko i tēnei whai kia nui ake te homai a te Kāwanatanga i ngā huruhuru e pai ai tā te Māori tārai i ōna anō waka mō te hauora te take.<sup>2</sup>

Tārake ana te kitea ko te kapa haka ia tētahi pere e hui ai te takimano tāngata, engari kia tautokona e te Kāwanatanga, tino kore rawa atu. Hei kapo matamata mai i te ana o te raiona ki tā tātou e tohe nei, ka whakatōpū a Te Matatini i ngā rukenga kōrero e whakakite ana i te hononga o te kapa haka ki te puāwaitanga o Aotearoa whānui – ā-hapori, ā-ahurea, ā-ōhanga, ka mutu ā-mātauranga nei hoki. Ko te whāinga matua kia aronuitia te kapa haka e te Kāwanatanga e eke ai te pūtea tautoko ki te taumata e tika ana mōna. Nā Te Kotahi Institute, i runga i te tonono a Te Matatini me te Manatū Taonga tēnei kaupapa i huaki ki tā rātou rīpoata i te tau 2014 : *Ngā Hua a Tāne Rore: The Benefits of Kapa Haka*. Ko tā tēnei he whai i te āwai o te whakaaro.

#### Te wāhi ki Te Wānanga o Raukawa

Kua tonoa a Te Wānanga o Raukawa e Te Matatini kia whakaputa rangahau e whakakite ana i ngā hua nui auroa o te kapa haka ki te oranga tonutanga o te iwi. Ka whakatōpūria ēnei kitenga ki tētahi kawenga matua e mea nei ki te whakaū i tā te kapa haka whakaaweawe i a Aotearoa – ā-hapori, ā-ahurea, ā-ōhanga, ka mutu ā-mātauranga nei hoki.

Te mea nui ki a au he oranga kei roto: he oranga whakaaro, he oranga ngākau, he oranga hinengaro, he oranga tinana, ngā orangatanga katoa kei roto i te tū.<sup>3</sup>

Ko tēnei mea ko te hauora o te tangata kāore e wehe te tinana i te wairua, te wairua i te ngākau, te ngākau i te hinengaro. Nā . . . ko tāua ko te Māori e mōhio ana ki te hononga, ki te ngātahitanga o ēnei mea.<sup>4</sup>

Ka matapakihia ngā hua nui auroa o te kapa haka ki te oranga tonutanga o te tangata mā te matatā o Te Whare Tapawhā—tōna taha wairua, taha hinengaro, taha tinana, taha whānau hoki.<sup>5</sup> Mai roto o Te Whare Tapawhā (me te whakamahinga hoki o ētahi atu kawenga hauora a te iwi Māori e whai pānga ana) ko te hiahia kia pūrangiaho he māramatanga mō ngā hononga o te kapa haka ki te hauora o te tangata—he māramatanga ka ahu mai i tō tātou whakapono mā

<sup>1</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>2</sup> Pānia Papa, uiuinga, 2/6/2020.

<sup>3</sup> Derek Lardelli, uiuinga, 5/6/2020.

<sup>4</sup> Pānia Papa, uiuinga, 2/6/2020.

<sup>5</sup> Durie, M *Whaiora: Māori Health Development* (Auckland: Oxford University Press, 1998), pp 68-73.

te ora o te tinana, o te hinengaro, o te wairua, o te taha pāpori rā anō te tangata e ora ai, ehara kau noa mā te korenga mai o te māuiui o te wairuhi rānei.<sup>6</sup>

He tauawhi tonu tā tēnei kaupapa i te whāinga a Te Wānanga o Raukawa, koia ko te whakaū i tōna katoa hei whakaaweawe i te oranga tonutanga o te iwi Māori. Pērā anō i ngā mahi whakatupu mātauranga katoa kōkiritia ai i raro i te maru o Te Wānanga o Raukawa, ka noho ko ā mātou kaupapa taketake hei tūāpapa mō te kawenga o te kaupapa nei.<sup>7</sup> Ka noho ko ngā herenga kaupapa nei me ngā kitenga o Te Whare Tapawhā hei kaiurungi mō tō tātou nei waka, ka mutu mā konei e ū ai ngā kitenga rangahau ki uta.

Ko te matua o ngā kai o roto i te rīpoata he mea hopu mā te uiui tāngata, ko te hunga i kōwhiria i pērā i runga tonu i te mōhio i a rātou te mātauranga ka tahi, ka rua ngā wheako hei whakaū i ngā whāinga o te rangahau. I kīnakihia ngā uiuinga ki ētahi atu momo kōrero, he kohinga tuinga, he kaponga kōrero, ko ētahi i tāia, ko ētahi kāore i tāia.

Mā ngā kaupapa rā anō e kotokoto ai te manawa o te rangahau nei mai i tōna orokohīmatanga tae rā anō ki te huarahi atu ki ngā kōrerorero me ngā pānuitanga. Me matatau te hunga i whai wāhi mai ki ngā kōrero (pūkengatanga). Te katoa o ngā tāngata i uia, he tāngata e mōhio ana te kāhui rangahau, he honohononga kē ki waenga i a mātou, mā te aho o te whanaungatanga, ā-iwi, ā-hoa, ā-Māori nei (whakapapa/whanaungatanga). Nā ēnei kanoi whakapapa i mārō ai te taukaea rangahau i runga anō i te huatau i torokaha ngā hononga nei i mua noa i te kōkiritanga o te rangahau, ā, ka toka tū tonu whai i muri ake. I kawea te nuinga o ngā uiui i te reo Māori. Nā mātou te reo karanga i tuku, ā, nā te hunga i uia i manaaki, ka mutu mā mātou ā rātou kōrero e manaaki, ko te mana whakahaere, ko te mana whakaputa o ngā kōrero uiui ka noho pū ki te tangata nāna anō i whakapuaki. Ehara i te mea i meinga te hunga i uia kia waitohua he kawenata tuku, i hoatu kē e Te Wānanga o Raukawa ā rātou here ki te hunga i uia, ka mutu i waitohua tēnei e te hunga uiui. Hei tā mātou, e whakatinana ana tēnei i ngā mātāpono: mā te whakaute ki ngā rourou iti e hua ai te hākari (manaakitanga); mā te āta aro ki te tika me te pono o ngā kitenga ka whakaputaina (kaitiakitanga); mā te mau roa ki te mana o te hunga i uia me tā mātou i kī taurangi ai (rangatiratanga).

E rua ngā rīpoata ka whakaputaina e Te Wānanga o Raukawa. He reo Māori, he reo Pākehā. Ehara i te mea he whakapākehātanga, he whakamāoritanga tētahi i tētahi – e kāo, kua noho motuhake ngā rīpoata i runga tonu i te mōhio kei te whakamahinga o te reo, o te kupu tōna anō horopaki, ka mutu kei te āhua o te horopaki te whakatakotoranga o te tāhuhu whakaaro. Mā te reo me ngā kupu ka whakamahia te horopaki me te tāhuhu whakaaro hei whakatakoto, nō konei e tika ana kia whakahuahua i ēnei tū whakaaro i te reo, i roto tonu i tōna anō horopaki. He ahakoa rā, ka kōtuia ngā kitenga rangahau hei te hiku o ngā rīpoata e moana ai ngā aukaha e rua.

---

<sup>6</sup> As set out in the preamble to the World Health Organisation’s constitution:

<https://www.who.int/about/who-we-are/constitution> “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

<sup>7</sup> Tekau ngā kaupapa here o Te Wānanga o Raukawa: whakapapa, te reo, manaakitanga, whanaungatanga, kotahitanga, kaitiakitanga, pūkengatanga, rangatiratanga, ūkaipōtanga, wairuatanga. Kua kōkuhua he whakamāramatanga mō ēnei kei ngā kōrero āpiti hei te hiku o te rīpoata.

## Horopaki

Ka pēhea tā te kapa haka whakatairanga i te mauri ora o te iwi?

E tika ana kia whakatewhatewhahia te urupounamu nei, inā noa te pōhara, inā noa te māuiui, inā noa te tuakoka o te iwi Māori whānui, ka mutu anei tātou e ngana ana ki te kimikimi tēnā ko hea rā hei putanga mō tātou i te tāpokopoko o te tuakoka.

Me pēhea rā te tangata e mōhio ai ki tētahi āhuatanga ki te kore ia e mārama i ahu mai ērā tūāhuatanga i hea, me pēhea rā ia e kite ai i te putanga ki te kore e paku mōhio he aha ia rā te ara e kimihia ana? He aha tōna momo? Mā hea te tangata e mōhio ai, āna, kua kitea! Anei te ara hei whaitanga mā tātou!

Mā te mārama rā anō ki ngā kukume mai me ngā kukume atu i hua ai te wairuhitanga o tō tātou mauri ora te tangata Māori ka mārama he aha ia i tuakoka, he aha ia i pōhara, he aha ia i māuiui ai. Ko te hua nui i konei ko te whai tūāpapa e kitea ko hea te putanga ki te tōnuitanga. Mā te mārama ki te tūāpapa o te pōhara, o te tuakoka, o te aha rānei ka māmā ake tō kimi i tētahi huarahi e kore ai te ihu e pari, engari kē ka puta, ka ora.

He wā anō i mauri ora ai te iwi Māori, ka mutu kāore i rerekē i ngā iwi taketake i noho i te waikanaetanga o ō rātou taiao kua roa nei e hāpai ake ana i te mauri ora o te iwi. Heoi, i kitea te whāngaromanga o tēnei tūāhua i te rautau 1900. Nā te riro o te whenua, nā te riro o te reo me ngā kura wānanga, ka mutu nā te kōhurutanga o ā tātou tikanga whakahaere, kua hē ngā rā. I te otinga iho, kua kore te mauri ora o te iwi i runga tonu i ngā nukarau a te Karauna.

Nō reira kua 200 tau a Māori e noho ana hei mea tūkinu mā te Karauna me ana karetao, kua 200 tau tātou e pakanga ana mō te oranga tonutanga te take, kua 200 tau tātou e ngana ana ki te whakapuru i ngā kōwhaowhao o tō tātou waka, ngā kōwhaowhao i pokaina e te Karauna tonu. Nō konei kua kōmanawa ake te tohe mō te reo, te waihapetanga o te mātauranga taketake, te whakahoungia o ngā marae, ngā momo whakakitenga me ngā whakatinanatanga hoki o te mana motuhake. Ko te hiahia kia pupuru tonu tātou ki te ātaarangi o te whakaaro o ngā mātua tūpuna hei oranga mō te iwi. Ko tētahi peka o te ao tawhito kua whakaarahia ake anō i roto i tā te iwi whai i tō tātau ao Māori ko ngā mahi toi, waihoki ko ngā mahi kapa haka. Koia nei te horopaki o te kapa haka o nāianei, he wairua whakaaweawe, he wairua whakarauora, he huarahi ki te mana motuhake.

## Ka Pō, ka Ao, ka Awatea

Kia tirohia te ahurea Māori onamata ki nāianei, he māmā noa te kite i te tawhiti o tā tātou karore i ngā rā tōnui o ngā mātua tūpuna. Me uaua ka tau pai te meihatanga o te tawhiti, o te kore i tawhiti rānei, nā runga anō i te karore noa, inā noa te ākina mai o te ao Māori e ngā ngaru whawhati o manene. Ahakoa te ao o hurihuri me te tuakoka o te iwi he wā i noho mauri ora ai tātou.<sup>8</sup> Whiti rere mai ki ngā rā o nāianei, ko te iwi Māori tērā e noho nei hei take kōrero mā te manene, hei paepae tūkinu mā tauwiwi, ko tātou kei te tou o te kāho ā-hapori, ā-ahurea, ā-ōhanga, ka mutu ā-mātauranga nei hoki.<sup>9</sup>

---

<sup>8</sup> Durie, M “Mauri Ora: Indigenous Human Flourishing”, keynote address, Ngā Pae o te Māramatanga 7th Biennial International Indigenous Research Conference, Tāmaki Makaurau, 15-18 November 2016:

<http://mediacentre.maramatanga.ac.nz/content/professor-sir-mason-durie>

<sup>9</sup> Rangi Mātaamua, kōrero ā-waha, Te Whare Tāhuhu Kōrero o Hauraki, 2014.

E kitea ana, e rangona ana he whakapapa tō te waimehatanga o te ahurea Māori, ka mutu rere ngātahi ai te haumako o te ahurea o te iwi me tōna anō mauri ora. Nō konei ka whirinaki atu ki tētahi horopaki whakapapa hei takitaki i te rere o te kupu kōrero, ka Pō, ka Ao, ka Awatea. Ehara i te mea he tirohanga hōu te waiho mā te whakapapa te au kōrero hei kawē i tētahi waka eke noa e ngana nei ki te whakarauora i te iwi. Waihoki, haere ana he kaupeka hauora, haere hoki he tātai whakapapa.<sup>10</sup> E kitea ana tā Māori kuhu i ngā kawenga whakapapa i roto i ā rātou rautaki hauora. Kua roa nei a Mason Durie me tōna momo e ārahi ana i tēnei waka, mā roto i ngā kawenga pēnei i te *Whānau Ora*, he tautoko i ngā whānau kia ekea te moana nui o hiahia. Ko te huahuataua ia, mei kore ake te whānau e ora ai te tangata, ka mutu, mā te whānau anō e whakataua ko hea te huarahi ki tō rātou ake oranga tonutanga. Ka whakanuia hoki ko te hononga o te tangata ki tōna taiao mā te kaupapa *Wai Ora*, e whakakite ana i ēnei tūmomo pānga o te taiao ki te mauriora o te tangata.<sup>11</sup> Kia ara ake he kaupapa i te ringa Māori anō, me uaua ka kore e nanao ki tētahi momo whakamahinga o te whakapapa hei kōkiri i te whakaaro. Ka hoki mai ki tēnei kōrero mō te whakamahinga o te whakapapa ā kō ake nei.

Ka Pō, Ka Ao, Ka Awatea. I tēnei horopaki ko te Pō te mātāmua, koia rā ngā wā tōnui o tō tātou mātua tūpuna. Ka tīkina ake rā te kōrero “kei te pōuri te mārama e whiti mai ana”,<sup>12</sup> he rite tonu i konei, kei ngā kāhui pō te kete o Tūpaewhakarongowānanga<sup>13</sup> e iri ana. I ēnei wā i mauri ora tā te iwi whakahaere i ngā kukume mai me ngā kukume atu o te tangata me tōna whānau, o te tangata me tōna iwi, hōrapa kau ki ngā kōiriiri o tōna anō taiao puta noa.

Ka pakaru mai te Ao e kite nei tātou, kua whakatinanahia tā Te Rangihaeata i whakataukī ai, “he au here toroa”.<sup>14</sup> Ka mutu ahakoa pēhea, ahakoa te kaha o te hoe, ahakoa te tohunga o ngā karakia, e kore e taea e te waka te au here toroa, ā e kore e taea e te iwi te au here o te Karauna. Kua 200 rau tau tātou e whakapau kaha ana, ka mutu kei te ākina tonutia e te au here e āki tonu mai nei. Ko te otinga ake, ko te wairuhi o te mauri ora, ko te ngoikore o te wairua, ko te pōraruraru o te whakaaro, nō konei ka māiuiui te tinana.

Kia pūao ai he Awatea ki te āpōpō, me hahu ake tētahi hanga e mauri ora ai tā te Māori kawē ake i a ia i tēnei ao hurihuri. Ko tā mātou nei, ko te māramatanga o te tangata, ko te oranga o te tangata, he haere kōtui. Ko hea kē atu te putanga mō te iwi Māori i te pūrangaparū? Ko hea kē atu te putanga mō tātou e hanga māiuiui nei? E eke anō ai te mauri ora o te tangata, me eke rā anō te waka o mātauranga, o mārama, kia reia ngā hīnarunarutanga kua roa nei e whakatautō ana i te tere whakamua. Ko te whakapae i konei, koia ko te kapa haka tētahi huarahi e hoki mai ai ngā kura nui o ngā kāhui pō, e hoki mai ai he māramatanga. Ka mutu, ko ia tētahi huarahi

---

<sup>10</sup> Stevens, W.A. *Moving from Te Po and into Te Ao; An Indigenous Framework to Support Māori Males Who Have Been Sexually Abused in NZ* (Auckland: Auckland University of Technology, 2014); “He ara ki te ao mārama – Frameworks to facilitate taha wairua”, Ihimaere, V. Louise. *He Ara Ki Te Ao Mārama; A pathway to understanding the facilitation of taha wairua in mental health services* (Palmerston North: Massey University, 2004).

<sup>11</sup> Durie, M He Korowai Oranga: Māori Health Strategy launch, 16 July 2014.

<sup>12</sup> Pou Temara, kōrero ā-waha, Te Panekiretanga o Te Reo, 2013.

<sup>13</sup> He atua o te whare wānanga – o te titiro me te whakarongo.

<sup>14</sup> He momo ia moana tēnei ka rere, ahakoa te pēhea, e kore ngā waka e tae ki Kārewa. Nō roto mai o te waiata tangi a Te Rangihaeata: “Toia mai rā te ata i Kapiti”.

atu ki te oranga tonutanga, kia hokia te mauri ora o te tangata ki tōna anō maunga ā-roto, whakataui ai.

### **Tā te kaituhi titiro ki te whakapapa**

Like peoples the world over, our tūpuna searched for answers to life's big questions: where do we come from? Why are we here? How should we live? Where are we going? It is innately human to wonder about these things, just as it is innately human to construct explanations in order to satisfy our wonderings.<sup>15</sup>

Kia waihape tātou ki ngā kura puiaki o te Māori tē taea te paku aha mai ki te kore he whakapapa. Inā noa ngā mata huhua o tēnei mea te whakapapa. Kotahi te atua o te iwi Māori, ko Ranginui ki runga ko Papatūānuku ki raro; kua kōpakina ake ki roto i ngā kupu ruarua noa te whakaaro nui kei muri i te whakamahinga o tēnei mea o te whakapapa. Āe, ko te whakapapa tērā e tūhonohono ana i te tangata ki te tangata, i te tangata ki tōna taiao, i te tangata ki tōna katoa. Nā te whakapapa i mārāma ai ō tātou tūpuna ki te koiora o ngā mea o tō tātou ao.

Ka hahua ake ētahi kōrero a ngā kaipōkai tūārangi hei whakaarotanga ake. Hei tā tēnei hunga, kia tae rā te tangata ki Māhōra Nui Ātea, ka whātare mai ki te ao me tōna katoa, kātahi rā ka kite i te mīharo, ka rongo i tōna maruwēhi. Kia noho ātea te tangata mō e hia kē nei ngā marama, ka kitea te nukuroa o te whenua, o te moana, ka kitea te rārangi mai o ngā rau rākau e whakairo nei i tōna mata mai i te runga ki te raro, me ērā kaupeka tau, kua āe katoa mai kāore tētahi mea e noho wehewehe, ka mutu he mauri ora tō te ao.<sup>16</sup>

Nō te kitenga rā anō o te ao me tōna katoa ka taka te kapa, hika mā, kāore tētahi mea e tū wehewehe i tō tātou nei ao. Ko te mea kē, kāore te iwi Māori i mate ki te puta ki taiātea rā anō e mārāma ai ia ki ngā honohononga o te tāhuhu koiora o tēnā o tēnā, mai i te whenua ki te rangi ā puta kau noa ki taiātea:<sup>17</sup>

[O]ur tūpuna embraced the notion of inclusion, instinctively seeking to identify the links between all elements of creation, even seemingly disparate ones. They understood their world as an intricate web of life, of which their human experience formed but one part.

Me uaua pea te moana o ngā whakaaro o te marea ki tēnei huatau, inā rā ngā whakateka a te hunga whakatakao. Heoi anō rā, ko te māmā o te whakaaro e pēnei ana, he hononga ō ngā mea katoa, kāore he mea e tū takitahi i tēnei tirohanga. Koia nei te tūāpapa o ngā kawa, o ngā tikanga whakahaere a te Māori. Nā tēnei i taea ai e ngā tūpuna ngā pakirehua pōkīkī, pōrehurehu katoa,

---

<sup>15</sup> Mikaere, A "Whakapapa: Our Theory of Everything", He Mana Toitū Symposium, Te Wānanga o Raukawa, 12 September 2015, p 1.

<sup>16</sup> White, F (2014) *The Overview Effect: Space Exploration and Human Evolution* (Reston, VA: American Institute of Aeronautics and Astronautics Inc). Ki tā Joseph Allen (he kaipōkai tūārangi): "When you're up there for months at a time you can actually see the ice breaking up in the harbour, you can see this line that represents the changing leaf colours slowly march from south to north, from north to south. And those long term seasonal changes, when you put them together with the routine day to day changes, again give you this impression that we all live on a living, breathing organism...." <https://www.vr-overview-effect-co-uk/10-astronaut-quotes-on-the-overview-effect>

<sup>17</sup> Mikaere, A *Like Moths to the Flame? A History of Ngāti Raukawa Resistance and Recovery* (Ōtaki: Te Tākupu, 2017), p 262.

i runga tonu i te taumata whakaaro o te whakapapa. Kei tēnei tirohanga ka manawa tītī, ka manawa reka te tangata i te whakapapa, ahakoa pea te nui o te manga wai o whakapono, ka whitikia tonutia.

Kia tirohia te whakawhitinga mai o ngā waka i Hawaiiiki, ka mutu ki te papatoiake o te mahi rā. Ka wehi pea i te taumaha o te whakaaro noa! Me manawa kai tūtae rā anō te hunga rei moana, heoi kāore i manawa kai tūtae i runga noa i te pōhēhē, i te kore i mōhio, i te kore i mārama rānei ki ngā kōiriiri e pai ai tā te iwi rei i te moana. He maha ngā kōrero mō ngā taonga i kawea mai e ngā mātua tūpuna i ngā waka ātea o whakapata, heoi e ai ki te kōrero:<sup>18</sup>

[On] the waka of our tūpuna were the essentials for survival; and we know that this included the intellectual capacity to observe and conceptualize what their eyes, senses and emotions were recording. They were empiricists with the ability to order and catalogue what was being recorded; moreover, they had the intellectual capacity to store their accumulating knowledge with integrity and to broaden and deepen the mātauranga continuum. . . With the technique of whakapapa having been conceived, the possibilities for the accumulation of knowledge was unlimited.

Kei te kitea ko te māramatanga te tino o roto mai o ngā taumata whakaaro o te Māori, he mōhio nō rātou haere takirua ai te māramatanga me te mauri ora o te tangata. Nā te whakapapa i mārama ai te Māori nō hea ia, ka mutu kei hea te anga whakamua mōna. Kia whakaarohia ngā mātāmua i tāwhai i te moana ki ngā oneroa o Aotearoa, he manene katoa ki ngā kukume mai me ngā kukume atu o tēnei pito whenua, engari nā te whakamahinga o te whakapapa i puta he oranga.<sup>19</sup>

On these islands....Te Ika a Māui, Te Waka a Māui and Wharekāuri....they developed a new maramataka, varied their practices accordingly and named every landmark, waterway, rākau and wild life to facilitate their occupation of this part of the globe. This activity is evidence of the empiricist with plenty of intellectual storage capacity that was essential to their physical survival, a primary source of self perception and idea formation.

E kitea ana kāore te Māori i haere i runga i te pōhēhē, i runga anō i tētahi whakaaro pāpaku. I whakahaere i a ia anō nei i tau tika tā te tangata noho i tōna anō ahurea ahakoa te aha, nā runga kau o te whakamahinga o te whakapapa.

Ka tāroia e te whakapapa ngā mātauranga me ngā wheako o ngā whakapaparanga mai, mai, hei painga mō te nāianeī, e hia kē nei ngā rau mano tau ngā mātauranga taketake e whakaūngia ana, e whakawhānuitia ana, e whakawhāititia ana. Nā te taonga o te whakapapa i huaki ai ngā kete wānanga hei taki māramatanga mō te tangata. Me he mātotoru tōu mōhio ki ngā honohononga o waenga i tēnā i tēnā, nei ka mōhio ki te whakapapa o tētahi mea ki tētahi atu, ka rongo koe i te nui taioreore o ngā honohononga me ngā wehewehenga o ngā weuweu o te koiora mai i te whenua ki te rangi ā puta ki taiātea. Waihoki, kei ēnei akoranga ko te pēheatanga hei āta whakarite i a koe e angitū ai ahakoa te wā, ahakoa te wāhi, ahakoa te ahurea, mēnā rā ka aronui koe ki ngā akoranga kua kōpakina ake i roto tonu i te tātai heke o tōu nā whakapapa.

---

<sup>18</sup> Winiata, W "The Reconciliation of Kāwanatanga and Tino Rangatiratanga", Rua Rau Tau Lecture, Ōtaki. 30 January 2005, p 3.

<sup>19</sup> Winiata, W "The Reconciliation of Kāwanatanga and Tino Rangatiratanga", p 3.

## WĀHANGA TUARUA: KA PŌ, KA AO, KA AWATEA

### Ngā Kāhui Pō

#### Te tōnuitanga o te iwi

Ko te whakamahinga o te whakapapa hei waka kawē i te wānanga te huarahi ki te māramatanga, waihoki, ko ia te huarahi e mauri ora ai te iwi Māori. Kia kīia rā e mauri ora ana tētahi iwi, ka tōwaitia tā Mason Durie whakamāramatanga mō te whare tapawhā. Me whai wāhi ngā taha katoa o te tangata e kore ai tōna nei mauri e wairuhi noa. Ko te whakapakari i a Tamanohonoa tērā, ko te whakatika i a wairua kotiti tērā, ko te whakaaneane i a hinengaro pūhuki tērā, ko te whakaū i ngā wehewehenga whānau tērā. Mā te noho tau tika, tau tonu i tōna anō kotahi, i tōna anō whānau, i tōna anō hapū, i tōna anō iwi, puta kau noa ki tōna taiao, te mauri o te tangata e ora ai.

#### Taha tinana – te whakahau i a Tamanohonoa

Kua kōrerohia kētia te āhua ki te whakapapa me tana pānga ki te ahurea o ngā mātua tūpuna, katoa ngā kākano i ruia i Rangiatea, i whāinomia i Rauroha, i pūhia e ngā hau maioro o Matangireia rā anō, i whai māramatanga, waihoki i mauri ora i tō rātou mōhio me tō rātou matatau ki te whakamahinga o te whakapapa. Ka tīkina ake tā te Māori whakapapa atu ki te whare o Huitangiora hei whakakite i tētahi o ngā ara i whāia e ō tātou mātua tūpuna e tau tika tau tonu ai tā te kotokoto o te manawa o te tangata ki te pātuki o te taiao.

*Wainui = Tangotango*

*Te Rā            Te Marama            Ngā Whetū*

Ki tā Rangi Mātaamua, mai i te orokohīmatanga kua titia ngā whetū ki te rangi hei mea tohu i te iwi. Nō konei i taea ai te moana nui te rei, i hua ai ngā tikanga whakahaere, i tau tika ai te haere o te Māori me te rere o te taiao.<sup>20</sup>

E hia kē nei ngā whakapapa o te tangata atu ki ngā whetū. Nā ēnei tūhononga ki waenga i te tangata me ngā taurira o te Mangōroa i taea ai e ō tātou tūpuna ō rātou tinana te whakahaere i runga tonu i te ia o te taiao.

Ahakoā ngā mano hiranga, kāore pea he taurira tohu mai i te iwi pēnei me ngā Mata Ariki o Tāwhirimātea. Ko Matariki te whetū o te tau, hei tā Rangi Mātaamua ko ia tērā ka noho hei maramataka,<sup>21</sup> nā tēnei mātauranga me te whakamahinga ōna i noho āio ai te Māori i tōna anō wā, i tōna anō wāhi. Nō te kitenga o te mātahi o te tau i taea ai e ō tātou tūpuna ā rātou maramataka te tātai hei mea tohu i te tangata kei riro katoa i a Tamanohonoa.

Hei whakakite ake i te tawhito o tēnei kawa, ka tōia mai ko te whakataukī “Pipiri ki te rangi, pipiri ki te whenua”. He kōrero tēnei mō te ngana ki te noho piri e mahana ai te tangata i te

<sup>20</sup> “The stars that are embroidered in the night sky have guided Māori people since the beginning of time. These stars enabled Māori to traverse the greatest expanse of ocean on the planet...[and] also guided their day to day activities.... Māori were able to sync their lifestyles to the natural rhythms of the environment”: Mātaamua, R Beyond Matariki, Māori TV, 9/3/20 – 2.43pm....EP 1.. 1.30 min.

<sup>21</sup> Ki tā Rangi Mataamua he “time keeping system”.



hōtoke ka tahi, ka rua he kōrero e whakahau ana kia mahia te mahi kei tamariki ana. Ko te hiranga o te whakaaro o muri kei te āta whakariterite koe kia puta mai tō uri hei te wā ka maoka ko te hinu, ko te hauhakenga o ngā hua o Rongo.<sup>22</sup> Ka tōwaitia ngā kupu a Rangi i konei.<sup>23</sup>

[T]ake the time and measurements to sync into the natural ebbs and flows of the environment.

He aha te hua ka puta i te whakawhānau pēpi i ngā rā o te waru? Kua ririki te kai, kua maroke te whenua. Kei te kitea te nanakia o te whakaaro, i mōhiotia tēnei mea te taioranga kai, ka mutu he tohunga ki tēnei mea te whiringa kai me tōna anō pānga ki te taiao.

Katoa ngā kai ka taka i ngā kaupeka taiao he mea ahu mai i ngā hurihanga koiora kua roa nei e hāpai ana i ngā pūnaha hauropi o te ao whānui. He rite tonu i Aotearoa nei, ko ngā kai katoa i kōnakinaki ai i runga tonu i te pātukinga o te taiao, ka mutu nā Rangi ki runga nā Papa ki raro me ngā poutiriao e takatū nei ngā ō i taka hei oranga mō te koiora Māori.

He tohunga ngā mātua tūpuna ki te taha tinana me te kai, he tohunga hoki ki te koringa o te tinana e kore ai e mate i te tōkumu. Kāore i kaha whakapau kaha mō ngā marama tekau, kātahi ka kore noa mō ngā marama e rua pēnei me ngā hararei kirihimete kua kōpā ki ngā maramataka o tauīwi kē. Engari ia te Māori, he rite tonu tāna kai, tāna kori, he tūmau, ao noa pō noa, marama atu marama mai.<sup>24</sup> Ko te kimi kai tēnā, he hoe waka moana ki te hī i ngā taunga ika, he aruaru kererū i ngā taunga manu, he waihanga i ngā momo rore hei hopunga kai. Tae noa ki ngā mahi whakariterite kai, ko te kō i te whenua, ko te piko o tuarā ki te ono i ngā kōpura, ko te puta ki te whāinu i ngā tipu i mua i te aranga o te rā. He maha tonu ngā tikanga whakahaere onamata i kōmanawa ake nā ngā weruweru o te whakapapa. Ko ēnei momo i noho hei mea whakawhānui i te kura wānanga, hei poipoi i te oranga o te tangata, ka mutu hei whakahau i te mauri ora.<sup>25</sup>

#### Taha wairua – he whakaū i a wairua kotiti

Kāore te taha tinana e noho wehewehe i te taha wairua; haere takitahi ai rāua. Kia kōrerohia te taha tinana, me kōrero hoki te taha wairua. Ka noho tonu ki te whare kōrero o ngā whetū hei tuitui i ngā kōrero e haere ake nei.<sup>26</sup>

Ko te hautapu e rite ki te kai nā Matariki, tapa reireia koia tapa, tapa konunua, koia ana tukua!

He kaha te hakaina o tēnei whiti haka e te marea, ka mutu ko tōna whakapapa he poroporoākī ki te hunga kua noho ki te puhirere o Te Waka o Rangi ā e whiti rere atu ana ki tōna poho ki reira okioki ai. He maha ngā tikanga mō te hunga mate, waihoki he maha ngā tikanga i te

<sup>22</sup> Mātaamua, R. Beyond Matariki. Māori TV. 9/3/20 – 2.43 pm.... EP 1.. 24.30 min.

<sup>23</sup> Mātaamua, R. Beyond Matariki. Māori TV. 9/3/20 – 2.43 pm.... EP 1.. 24.30 min.

<sup>24</sup> “We stay at this very comfortable, constant level all of the time throughout the year. We don’t eat seasonally, we don’t behave seasonally, we don’t work hard in the summer and then rest in the winter, we’re just consistent, we eat what we want to eat, when we want to eat, how we want to eat and work non-stop through the whole year”: Mātaamua, R. Beyond Matariki. Māori TV. 9/3/20 – 2.43 pm.... EP 1.. 22.00 min.

<sup>25</sup> “An indigenous knowledge system . . . requires a unique way of viewing and explaining the world and is often illustrated through traditional stories, songs, the unique mechanisms for the transmission of knowledge, for protecting and promoting health, and for engaging others”: Kingi, T *Indigeneity and Māori Mental Health* (Wellington: Te Pūmanawa Hauora/Te Mata o te Tau Research Centre for Māori Health and Development, Massey University, 2005), p 5.

<sup>26</sup> <https://28maoribattalion.org.nz/audio/c-company-haka>.

rewanga mai o Matariki, ko te tuku hae, ko te karanga, tae noa ki ngā kawenga pēnei me te hautapu e kōrerotia ake nei.<sup>27</sup> I mōhio ngā mātua tūpuna ahakoa ngā piki me ngā heke o te ao kikokiko, he wā tōna me whakanui i te ao wairua, he maha ngā momo i whai wāhi ki te taha wairua o te tangata, mā te waiata, karakia, tangi, whaikōrero, me ngā momo haka hei taonga e māmā ai a wairua taumaha, a ngākau rukupopo.<sup>28</sup> Tino mōhio nei ngā tūpuna, kia matangerengere te tangata ko te painga kē kia tukua, kei noho hei iro whakapirau noa i te kikokiko, nō konei māuiui ai te tangata, te tangata me tōna whānau, ā puta noa. He maha ngā tikanga whakahaere a te Māori e aro nui ana ki te taha wairua, ko te whāinga ia kia tau tika tau tonu te taha kikokiko me te taha wairua mō te mauri ora te take.

Hei whaiwhai i te au kōrero mō te wairuatanga o te tangata, me ara ake te taha karakia. Ahakoa te maha o ngā momo karakia, arā ake he takutaku, he waerea, he tohi, he pure, hei tā Pou Temara “he whakapapa he karakia, he karakia he whakapapa”.<sup>29</sup> Kia roha ake, ahakoa te horopaki, ko tā te karakia (te takutaku, te aha rānei) he tōtō mai i tētahi taumata whakaaro e kotahi ai te tangata me ōna katoa, ā-hinengaro, ā-tinana, ā-wairua, ki te ahurea e kuhu atu ana ia, ki te aha rānei e whāia nei e ia, pakanga mai, whakatō kai mai, whakawhānau tamariki mai, te aha atu te aha atu. Ko te hiahia, ko te tika o roto tonu i te kokonga ngākau, ko te pono, me te tapatahi o te tangata, o te iwi rānei ki te whāinga matua. He wā anō ka whakamātauria te māia, te kaha, me te whakapono o te tangata, kei ēnei wā kitea ai te mana nui o te taha wairua. Ka hī rā ngā kōrero mō te whakawhitinga mai o ngā waka i Te Moana Nui a Kiwa, e hia kē nei ngā karakia kua mau tonu e whakaū ana i te āheinga o te iwi ahakoa pea te nui o te tūāraitanga. Ko ngā karakia tōtō i ngā waka moana ki tai, ko ngā karakia e puta ai ngā waka i te pūkawa, e rere ai ki te moana nui, ko ngā takutaku i kore ai a Te Arawa e riro. Ko te whakamahinga o ēnei momo o te karakia he whakaū i te iwi kia kotahi te whakaaro e puta ora ai, e angitū ai te katoa. Ko te tapatahi o ngā ngākau o te iwi tētahi o ngā tino o roto mai o te noho tau tika ōna ki te ahurea o tōna anō wā i tōna anō wāhi.

Ka tōwaitia tāku kua miramira i runga ake nei he whakapapa he karakia, he karakia he whakapapa. Mīharo ake nei te hiranga o te tau tika o te kikokiko ki te wairua, o te wairua ki te kikokiko, ki te wā o ngā mātua tūpuna.

#### Taha hinengaro – he whakaaneane i a hinengaro pūhuki

Inā riko raritia; inā pūhuki, whakaaneanetia; inā maroke, whakahaukūtia; inā kūare, whāia kia kore. Anei te taumata whakaaro o te Māori, kāore i waiho ko te hinengaro kia wairuhi, engari kē ia i whakapakari, i whakaū, i whakawhānui i te purapura o roto i te tōtara. Huri i te ao, he rite tonu te kuhu a te iwi taketake i a ia ki tōna anō taiao mā roto mai i te whakamahinga o tōna anō reo. Nā ngā taiao ngā oro, ngā rongu, me ngā kitenga o tō tātou reo i takoha mai. Ko te

---

<sup>27</sup> Rangi Mataamua, kōrero ā-waha, 2011 Te Whare Wānanga o Waikato.

<sup>28</sup> “Waiata as an expression of emotion and a traditional form of healing has long been an effective method for maintaining well-being for Māori. . . . [M]ediums of traditional oral narrative and performance were used as adaptive methods for emotional expression in Māori communities and could be used to express joy, anger, grief, loss and sadness. . . . Mōteatea are another method Māori used to express grief and to process memories of loss and trauma across generations”: Wirihana, R & Smith, C “Historical Trauma, Healing and Well-Being in Maori Communities” *MAI* (2014) Vol 3, Issue 3, p 204.

<sup>29</sup> Pou Temara, kōrero ā-waha, Te Panekiretanga o Te Reo, 2013.

orokohanga mai o te mātauranga he mea heke i ō tātou honohononga taiao; nā tō tātou reo i mārama ai te Māori, ka mutu i pai ai tā tātou ako, tā tātou whakawhānui, me tā tātou whakaū i ngā kura wānanga o tō tātou taiao. Hei tā Moana Jackson, he mātākōrero, he mātātuhi kua kōpakina rā roto i te whenua me ōna roherohenga katoa.<sup>30</sup> Kei tēnei whakaaro e kitea ana tā te Māori tui i te whakaaro ki ngā maunga kōrero, ki ngā awa whakairo whenua, ki a ngaru nui, ki a ngaru roa, ki a ngaru pae whenua hei waka kawē i te mātauranga. Nā te hononga o te tangata ki tōna whenua, ki tōna reo, ka hua mai ko ngā momo ahunga me ngā waihanganga e whakakite ana i te taiao, anei te whakapapanga mai o ngā momo toi.

He maha tonu ngā momo whakamahinga i kōkiritia e ngā tūpuna e tutuki ai tēnei momo, ko ngā miringa oro pēnei me ngā takutaku, ngā karakia, ngā momo o tēnei mea te waiata. Ko ngā miringa tinana mā ngā mahi i whakatauiratia e ngā mātāmua mō ngā nekehanga me ngā pīoi o te whare tapere, me ngā momo o tēnei mea te haka. Ko ngā miringa kanohi mā ngā reo ā-tuhi, ā-whao, me ngā hanganga o te ringa.

Kia hōkai tātou i ngā takahanga mātua tūpuna o nehe, mai i tērā pito moana ki tērā pito moana o Kiwa, ka kitea rā he mahi whakairo tō tēnā pito, tō tēnā iwi, he mahi raranga tō tēnā, he mahi tatau tō tēnā, ā he nui ngā tikanga kei muri i ngā momo whakamahinga o te toi hei kawē i ngā kura mātauranga o te ringa rehe hei kai mā te ngākau, hei whakawhānui i te roro. He matapihi ngā momo toi ki ngā rongō i wheakotia e te papanga ngākau o ngā mātua tūpuna, ka mutu ko te wheako te whaene o te whakaaro nui. Kei tēnei taumata whakaaro e rangona ana te nui taioereore o ngā momo toi ki te haumako o te hinengaro.

Kia whakaarohia te toi Māori me tōna whakahaumako i te roro, me uaua ka kore e kōrero ake i ngā momo o tēnei mea o te whare, inā rā ōna pānga ki te ao toi me te māramatanga o te tangata. Ko te tātai kōrero i a Huiturangiōra rā anō, ko te kawenga o te wānanga ki roto o Wharekura, tatū atu ki ngā whare o nāianei. Kia tirohia ngā pou o roto, kitea ana ngā mano tini tohu paerua i ngā toi me ngā tauira ōna.<sup>31</sup> Ahakoa te momo o te whare, ahakoa te momo o te hanga, he tāhuhu tōna, he heke whakapapa ōna mai i te tāhuhu tāheke ki ōna poupou. He whāriki whakanekeneke tōna, koia ko Nukutū, ka mutu he tikanga whakahaere e haumarua ai te tangata. Ko ngā hanganga whare katoa he whakakitenga taiao, he whakakitenga mātauranga, ka mutu ahakoa te whakapapa o te tukutuku, o te whakairo, o te whare, he tāhuhu kōrero tōna, waihoki ko tōna horopaki ko te taiao tonu. Kia tīkina ake ngā kupu whakakapi mō roto i ngā marae kāinga, kia whakahokia te mauri me te tapu o ngā kōrero ki te tāhuhu o te whare, kāti ki a Ranginui e tū iho nei, ki a Papatūānuku e takoto ake nei.

Haere ana he whare, haere ana he kura wānanga, kei te whatu o te tangata me tōna anō āheinga ki te whakapapa ake o te mātātuhi rā te nui, te iti rānei o te mātauranga ka hua ake; ko te hononga o te tangata ki tōna taiao me ngā whakakitenga ōna, pēnei me ngā maunga kōrero, pēnei me ngā whare whakairo whakaaro. Ko te matua ia, ko te mauri ora o te hinengaro, ko te kimihanga ko te hāhaunga o te māramatanga hei painga mō te tangata me tōna kotahi, hei

---

<sup>30</sup> “[T]here are . . . stories in the land. Stories are knowledge, and knowledge is literature”: Jackson, M “Hui Reflections: Research and the Consolations of Bravery”, *The Challenges of Kaupapa Māori Research in the 21st Century: Kei Tua o te Pae Hui Proceedings*, Pipitea Marae, Wellington, 5-6 May 2011 (Wellington: NZCER, 2011), p 71.

<sup>31</sup> Pou Temara, *Kōrero ā-waha*, Te Panekiretanga, 2013.

painga mōna me tōna whānau, ā puta noa. Tārake ana te kitea, mai, mai ko te whakakikoha i a hinengaro pūhuki tētahi mātāpono taketake o tāua te Māori, i ea ai te kōrero he pātaka iringa kai, he pātaka iringa kōrero.<sup>32</sup>

### Taha whānau

Ko tēnei mea te whakapapa he herenga mōu ki te whenua, he herenga mōu ki te iwi, hapū, ki te whānau....<sup>33</sup>

Ka whaiwhai noa i tā Te Wharehuia mō te whakapapa, kei te kōrerohia ake te whakapapa me tana whakawhenua i te tangata ki ngā kanoi o te taura here o te iwi. I tēnei horopaki ka whai wāhi atu te katoa ki ngā mahi a te iwi, ahakoa tohunga mai, ahakoa mōkai mai, kotahi tonu te pātukinga o te iwi, kāore tētahi e noho kore noa iho nei, ka mutu he mahi tā tēnā, he tūranga tō tēnā e tapatahi ai te haere. Nā te whakapapa ka whānau mai he uri me ana pānga katoa (te manaakitia ōna, ka mutu tāna anō manaaki i ētahi atu). Kua mōhiotia kētia ko wai koe, nō hea koe, ka mutu ko wai hei taituarā mōu, ā, mā wai hoki koe hei tautoko.<sup>34</sup>

Kei tēnei whakaaro e kitea ana tā te iwi whakahaere i a ia anō, mō te noho wehewehe tino korekore ana. I ngā wā o mua, ko te oranga o ngā kāinga ko te mahi tahi a te whānau, heoi kei roto tonu i tērā mahi tahi ko te whakanui i te āwai o te whakaaro mā tēnā tētahi mahi hei kawē, mā tēnā tētahi whakaaro hei tautoko, mā tēnā tētahi kai hei taka, mā tēnā tētahi hoe hei hāpai. I te otinga ake, ahakoa pea te rerekē o te taumata o te whakaaro, kāore tētahi tangata i tū motuhake i te matua, ahakoa tō pakeke, ahakoa tō mōhio, tō kore mōhio rānei, he kanoi te katoa o te taura here, ka mutu he hiranga nui tō tēnā tō tēnā e renarena ai te mauri ora o te whānau.

Kia kōrerohia te nohanga o te iwi Māori onamata i konei, hei whakaū i tā te tangata mahi tahi e eke ai te katoa o te iwi. I ngā wā o mua he pā kāinga te nohanga, i ēnei pā kāinga ko ngā whare maha, wharenui mai, whare kōkōrangī mai, wharekai mai, whare tapere mai, whare pora mai, ko ngā momo whare wānanga, whare tū taua. Waihoki i whakatūria ētahi momo whare ki waho atu o te pā matua, ko ētahi he nohanga tohunga taketake ki te pito whenua rā, heoi ko te nuinga o ēnei momo e kōrerohia ake ana, he whai i ngā kaupeka o te tau, he whare hei whakamaroke kai, he nohanga mō te hopu manu, he nohanga mō te hopu ika, te aha rānei. Ko te ātaahua o tēnei noho tahitanga, ko te ako ko te tautoko, tētahi i tētahi. Katoa ngā whare i whai take, he kura wānanga, ahakoa te momo o te whare rā, he motuhake ōna akoranga, he motuhake hoki tōna tūranga. Waihoki he tautōhito ngā reo whakahaere o ērā tū whare, he rūānuku, he rūāhine, he tohunga. Ko te whakaaweawetanga o te mokopuna te tino mahi a te

---

<sup>32</sup> Kia whakaarohia te wharenui me tōna hanga rite nei ki te pātaka me ōna kōiriiri katoa kātahi rā ka rangona te hiranga nui o te kōrero nei. Ko te pātaka tērā i noho hei mea tiaki i te oranga o te iwi, koia ko te kai. Heoi ko ngā pātaka o mua noa atu i noho hei mea pupuri i ngā tino taonga o te iwi, atu i ngā toki me ērā momo, ko ngā mātauranga anō hoki, inā noa ngā whakataukī e whakakite ana i te hononga o te kai me te mātauranga, ka ara ake i konei he aha te kai a te rangatira, he kōrero, he kōrero, he mātauranga. Koia i whakatūria te pā, ā ko tōna whatu ko te pātaka, me horo rā anō te pā e riro ai ngā tino tohu o te oranga o te iwi.

<sup>33</sup> Kāretu, T. Milroy, W. (2018). *He Kupu Tuku Iho: Ko te Reo Māori te Tatau ki te Ao* (Auckland: Auckland University Press, 2018), p 72.

<sup>34</sup> By virtue of his/her birthright each member is automatically born into a multiplicity of obligatory reciprocal commitments. What it means for each member is security in knowing who one is, where one originated from and, to whom one is reciprocally obligated and committed. Nepe, T *Te Toi huarewa* (Auckland: Auckland University Press, 1991), p 22.

hunga kaumātua, mā te ako me ōna momo katoa. Ko te mātauranga tērā, ko te karakia tērā, ko te tiaki me te manaaki, ko te whāinu i te wairua tonu o te tamaiti e tau tika ai, e hokia ai te maunga ā-roto, whakatau ai.<sup>35</sup>

Anei te whakamahinga o te ako mā roto o te horopaki whakapapa e kōrerohia ake ana, ko te ako a te kuia i te mokopuna, ko te ako a te mokopuna i te kuia, e rua ngā taha o te ako, ka mutu kapi katoa ēnei i ngā kāinga Māori me ā rātou tikanga whakahaere. Ko te mahi tahi me te whakaaronui tētahi ki tētahi te whāinga matua. Ka tīkina ake te taura o te whare tapere hei whakawhānui i te āwai o te whakaaro, ka mutu hei whakakite i te mahi tahi a te iwi me te korenga mai o tēnei mea te whakawehewehe.

I whai wāhi ngā whare tapere ki ngā nohanga o Poronihia puta noa. Hei ngā rangahau a Charles Royal, i tuwhera ngā whare tapere ki te hunga ahakoa ko wai, ko te whāinga matua ko te rēhia, ko te ngahau.<sup>36</sup> E kitea ana ahakoa pea te tūranga o Rehua, te aha rānei, mā te whare tapere e hono ai te tangata ki te matua i runga anō i tētahi taumata whakaaro rangatira. He mea taunaki, he mea tautoko, he mea whakaaweawe i te whanaungatanga me te kotahitanga. Kia kuhu te tangata ki tēnei ahurea, ko ngā kai o roto he kōrero, he haka, he waiata, he kēmu, he karetao, ka mutu ko te whakamahi i ngā taonga o wharawhara hei ngahau mō te iwi. Ka tōwaitia tāku o mua noa, he wā anō i whai wāhi ai te katoa ki ngā kanoi maha o te taura here whakapapa, ka mutu he hiranga tō tēnā, he tūranga tō tēnā, he kanoi ka tika. I noho tau tika tau tonu te tangata i tōna anō kotahi, i tōna anō whānau, i tōna anō hapū, i tōna anō iwi, puta kau noa ki tōna taiao.

I tēnei noho tahitanga i pai noa tā te iwi whakaaweawe i tana waka, a mua, a muri, ki ngā tahataha, ka mutu ki te kuhu he wai kua tīhutia, kia kōwhaowhao mai kua tahuri ki te whakapuru. Tā te Māori onamata, he whakaū i ngā honohononga me ngā wehewehenga whānau ahakoa tohunga mai, ahakoa rangatira mai, ahakoa mōkai mai, ko te oranga o te kotahi kei te tokomaha, ka mutu ko te oranga o te tokomaha kei te kotahi.

### He taupoki

Kia whakarāpopotohia ngā kāhui pō i konei. I whakamahia te whakapapa e ō tātou mātua tūpuna hei waka kawē i te wānanga e hua ake ai he māramatanga i mauri ora ai te noho o te iwi. I whai wāhi ngā taha katoa o te tangata i tohunga ki ngā whakapapa taketake o tāua ki te taiao hei kaiakiaki i a Tamanohonoa. I whai wāhi atu ki ngā kukume mai o te ao wairua e kore ai te waka o te ora e pīoioi haere i te mata o te wai. I mātua whakaaneane i a hinengaro pūhuki mā roto o te noho tahi me te ako tahi i te whare, waihoki mā roto tonu o tēnei āhuru ko te whakaū i ngā honohononga me ngā wehewehenga whānau. E kitea ana te tohungatanga o ngā tūpuna ki te tiaki i te hauora o te tangata. I whakamāoritia tō rātou ao i runga anō i te ahurea o aua wā rā, i whakahāngaitia hei painga mō te iwi, e tau tika tau tonu ai te haere o te tangata me ngā tahataha katoa, e hua ai tōna nei mauri ora kia hokia tōna anō maunga ā-roto, whakatau ai:

I mōhio te Māori me pēhea te whakaopeope i ana oranga ahakoa he kai, he rākau, he aha rānei ... hei oranga mō rātou, hei oranga hoki mō ngā tamariki, mō ngā mokopuna ka whai mai i muri

<sup>35</sup> Nepe, T *Te Toiwarewa*, p 31.

<sup>36</sup> Charles Royal, kōrero ā-waha, *Te Whare Tāhuhu Kōrero o Hauraki, Ngahutoitoi marae*, 2017.

i a rātou..... i tino mōhio mā roto atu i te whakapapa koinei te huarahi e taea ai e rātou te pupuri kia puta tonu ai he oranga mō rātou katoa.<sup>37</sup>

## Ngā Pōkai Ao

Kua kōrerohia kētia te ahurea ki te wā nō ngā mātua tūpuna e ora ana, he haumako te tipu o te iwi, kāore he auhītanga manene i noho hei whakatautō i te oranga tonutanga o te tangata. Ka mutu kua puāwai ngā whānau hei hapū, iwi, puta noa, waihoki i tau tika tā tēnā iwi noho, tā tēnā hapū noho, tā tēnā whānau noho i te pātukinga tahitanga mai, i te hiku o taku ika topa atu i ngā wai pounamu. I te aranga mai o te rautau 1800 i ara te upoko o te keha, he whenua, he tangata tana kai. Kia tae ki te hiku o te rautau 1800, kua manawa kiore te iwi, kāore te tinana Māori i waia ki ngā urutā o tawhiti. I rongō kino nei te iwi i ngā ngau a Whiro, ka riro ana te tangata, ka riro hoki ana te whenua.<sup>38</sup> Ahakoa te iwi taketake huri kau i te ao i noho hei papa mō ngā hau kino o iwi kē atu, he rite tonu tā manene whakaū i ā rātou pēpēhitanga. Inā hoki i te taenga mai ki Aotearoa, kua roa kē tana whakaharatau ki te waihanga tiriti, ki te kawea urutā, ki te whakatū pakanga mō te tūkinō i te mauri ora o te iwi taketake te take. Kei ngā kōiriiri ngā whakakitenga weriweri o ēnei tūāhua. Ko te ara poutama i whāia, koia ko te whakahoahoa ka tahi, e huaki ai he ara poto ki waenga i ngā iwi me ngā tonotono o te Karauna, ko ngā kaipatu tohorā ērā, ko ngā kaihokohoko ērā.<sup>39</sup> He nui te hiahia o ngā rangatira onamata kia riro i a rātou he Pākehā hei hoa hokohoko.<sup>40</sup> Nā tō rātou piri ki te iwi i ngāweki ai ō rātou pirau rā runga i te hau, ko ngā tahumaeroa, ko ngā tahuukungia, ko ngā tahuaitū hei kaikinikini ā-roto. Ko ngā pū me ngā kariri kia kawea e te ringa hei whakaheke toto. Ko ngā ture i whakamanahia hei mea raupatu i te whenua. I te otinga ake, i eke ki te taumata i matakitea ai mō te whakataurekarekatanga o te iwi,<sup>41</sup> waihoki kia kitea, kia rangona rā anō e te Māori te tino o tā rātou i whakatūpatō ai, kua puta kē te hūare i te waha.

### Taha tinana – warea katoa ana i a Tamanohonoa

Kia kōrerohia te take raupatu me ana pānga ki te mauri ora o te iwi Māori mō te taha ki a Tamanohonoa, arā mō ngā whiringa kai o te tangata, me te taha kori tinana. I te rironga o te whenua, i riro hoki ko te ahurea o ngā kai onamata. Ka mutu i te rironga o ēnei ahurea, i riro hoki ko ōna tikanga taketake i noho hei akiaki i te iwi. Ka tōwaitia tāku o mua mō te kimi kai, he hoe waka moana ki te hī i ngā taunga ika, he aruaru kererū i ngā taunga manu, he waihanga i ngā momo rora hei hopunga kai. Tae noa ki ngā mahi whakariterite kai, ko te kō i te whenua, ko te piko o tuarā ki te ono i ngā kōpura, ko te puta ki te whāinu i ngā tipu i mua i te aranga o

<sup>37</sup> Kāretu, T. Milroy, *W He Kupu Tuku Iho*, p 66.

<sup>38</sup> Durie, M *Whaiora: Māori Health Development*, chapter 3.

<sup>39</sup> Mikaere, *A Like Moths To the Flame?* pp 135-138.

<sup>40</sup> “The whalers and traders lived very much under the iron rule of their chiefs who invariably referred to certain ones as ‘my Pakeha’ or ‘our Pakeha’ as if they were some odd possession of the tribe: Carkeek, W *The Kapiti Coast: Maori History and Placenames* (Wellington: AH & AW Reed, 1966), pp 46-47.

<sup>41</sup> Me ka tiro whakamuri ki ngā rauwhārangi o ngā tūtakitakinga tuatahi o tāua ki a tauwiwi, kitea ana tā tauwiwi whakahoahoa ki te iwi Māori, waihoki me uaua ka kore mai te wāhi ki ngā mihinare. I kuhu ngā mihinare ki te kātua o te iwi me he matakahi tiwara i te tōtara. I pērā i te wā o Ruatara rāua ko Marsden i ā rāua haere: “[H]e become aware of the Aborigines in and around Sydney, and had been warned there that the missionaries.....would shortly introduce a greater number; and thus, in some time, become so powerful, as to possess themselves of the whole island, and either destroy the natives, or reduce them to slavery”, Anderson, A, Binney, J, Harris, *A Tangata Whenua: A History* (Wellington: Bridget Williams Books, 2015), p 168.

te rā. Mai, mai tā te iwi Māori noho ki te pātukinga o te taiao, koia ngā nukuroa o te rangi me te whenua, anei kē te momo o te ahurea i hua ai ngā tikanga whakahaere kai, tinana hoki.

Mai i te hiku o te ika whakawhiti i te moana o Raukawa, i rongō ngā iwi katoa i te tāhawahawatanga o ō rātou ahurea kai i ngā ringaringa o te Pākehā. Kei te kōrerohia ngā mahi tua rākau me ngā mahi wera whenua o ngā rautau 1800. Kei te kōrerohia ngā manene pēnei me te taraute, te paihamu, te aha atu o ngā rautau 1800 i kuhu mai ki tēnei whenua. Kei te kōrerohia te iwi Māori i panaia i ō rātou kāinga taurikura atu ki ngā tāone nui pēnei me Pōneke, nā ngā pēpēhi a manene. Kei te kōrerohia ngā momo ture pēpēhi a tauwiwi hei whakataurekareka i a tāua te Māori, i tipu ai te māharahara ki waenga i te iwi mō ā rātou tikanga moana, awa hoki. I Taupō me Rotorua, hei tauira, i mīere ngā momo taketake i ngā momo pēnei me te taraute, i riro ngā kai ake a te Māori. Ka mutu kia huri te Māori ki te hī ake i ngā taraute nei, i aukatia e ngā ture waihangā noa a tauwiwi.<sup>42</sup>

He paku whakakitenga tēnei mō te momotu o te hono o te iwi ki ōna anō whenua, ki ōna anō wai me te pānga ki te mauri ora o te tinana.

	Hononga Taiao	Hononga Tinana	Hononga Kai
Ngā Kāhui Pō	I tangata whenua tā ngā iwi noho ki ō rātou pātaka kai, ki uta ki tai.	Ko ngā tikanga whakahaere kai, he mea āki i runga tonu i te huringa o te taiao, he wāhi hoki i ngā kaupeka o te tau, nā runga i te kawenga o te ahurea kai onamata i pakari hoki ai te tinana i te mahi.	Ko ngā kai katoa i kohia, i kaingia, he mea kua waia katoa ki te koiiora Māori, ka mutu kua roa nei e whāngai ana i te puku, kua tangata whenua ki te whiringa kai onamata, i hua ai te mauri ora o te tangata.
Ngā Pōkai Ao	Kua aukatia te iwi i ō tātou pātaka kai, kua mate ki te noho ki tētahi ahurea manene katoa ki a tātou.	Ko ngā tikanga whakahaere kai ko te hautū waka, ko te hīkoi rānei ki te toa; māna, he hokohoko ipurangi. Kua riro ko te kai te whakakori i a Tamanohonoa.	Ko ngā kai kei te puku o te iwi he mea manene ki te koiiora Māori, he mea patu i te oranga o te tinana, he mea kōhuru i te mauri ora o te iwi.

Kāore ngā ahurea kai o te Māori i whakaarohia e te Karauna, ka mutu ko tātou tonu te iwi Māori te papa o tō rātou kore i aro. I te rironga o te whenua, ka mutu i te aukatinga i ngā pātaka kai, kua pōhara tātou. Kia tirohia ngā iwi taketake o te ao, he rite tonu ki tā tauwiwi i mahi ki

<sup>42</sup> “Māori communities expressed increasing alarm about their fisheries, waterways and other resources. At lake Taupō, and the Rotorua lakes, for example, exotic fish such as trout were rapidly supplanting the indigenous fish that Māori had long relied on for food. Māori attempts to catch the introduced species instead were met with demands that they buy fishing licences, increasing regulation and, in some cases, prosecution of Māori”: Anderson, Binney & Harris, *Tangata Whenua*, p 295.

konei: te pana i ngā tāngata noho kāinga ki ngā tāone nui; te hamahamahia o ngā kai kino; te tāmāte haere o te kori tinana; me te kuhutanga mai o te momona, me te mate manawa.<sup>43</sup>

I te rironga o te hononga taiao kua māngere noa te tinana Māori, kua waia ki ngā toa, hoko ipurangi, kua waia ki te māikoiko, ki te koretake. Waihoki, mō te taha ki te kai, kua riro katoa ngā kai o tāuiki, kua hamahamahia ngā kai kino te huka, ngā kai manene nei ki te koiora Māori, nā ēnei āhuatanga katoa kua māuiui nei te hanga o te tinana Māori.

#### Taha wairua – kua kotiti rā anō te wairua

Kei te mōhiotia he hononga tō te tinana ki te wairua, ka mutu ahakoa te ahurea onamata he rite tonu, kia kōrerohia te taha tinana o tētahi ahurea, kei te kōrerohia tōna anō taha wairua. Ko te hononga tēnei o te tangata ki tāna anō i whakapono ai, he whakapono ko Papatūānuku tō tātou tupuna, he whakapono ko ngā rākau me ngā ikanui o tātou mātāmua, he whakapono, he whakaū i ngā tikanga whakahaere i hua ake i tō tātou nei tirohanga Māori. Nā tēnei hononga taketake o te tinana, o te wairua me ōna katoa i mārama ai te hiranga o te tau tika o te tangata ki ōna whenua, wai, rere kau atu ki te taiao.

Heoi, ka pēhea te wairua o te hunga me kua raupatungia te whenua? Ka pēhea te wairua o te hunga kua kore e taea ngā wai tukukiri? I te rironga o te whenua ka riro ngā ahurea kai, i te rironga o ngā ahurea kai ka riro hoki ko ōna tikanga, waihoki kua kōpakina ake i ngā tikanga ko ngā momo i noho hei mea whakaū i te taha wairua o te tangata. Ahakoa te ahurea kai Māori, he taha wairua tōna e aronuitia ana, ka mutu i te nuinga o te wā ka kitea tēnei mā roto mai o ngā momo karakia.

Ka hoki atu ki tā Pou Temara kōrero, he whakapapa he karakia, he karakia he whakapapa. Kei tēnei tirohanga, me ka karakia ana te tangata, he momo taki tēnā ki te tātai heke e mārama ai, e whāngai ai te tangata i tana katoa. Inā noa te whānui me te whāroa o tēnei mea te wairuatanga ki te Māori, e whakaū kaha nei i te mauri ora, ka mutu he tautoko i ngā rautaki e kōmiri nei i te oranga o te tangata.<sup>44</sup>

Mārama ana te kite atu i tā te Māori aronui ki te taha wairua me tana tūranga i tōna anō wā, i tōna anō wāhi, i tōna anō ahurea, e tau tika, tau tonu ai ngā taha katoa. He hononga taketake tō te wairuatanga ki te mauri ora, kua o te tangata noa; ko ngā rautaki whakarauora e kōrerohia ake ana i whai pānga hoki ki te taiao, he rautaki e ora tonu ai ngā tamariki a Tāne, he rautaki e ora tonu ai ngā tamariki a Tangaroa, he rautaki e mauri ora ai tō tātou tupuna a Papatūānuku. Katoa ēnei rautaki i hua ake i runga tonu i tā te Māori whakapapa atu ki te ao tukupū, waihoki

---

<sup>43</sup> “Loss of land resulted in high levels of poverty and loss of access to traditional food sources for many Māori. The Māori experience, which has been mirrored by many other indigenous groups, has resulted in: wide-scale migration into urban centres; increased consumption of cheap processed foods high in fat and sugar; reduced physical activity levels; and rising rates of obesity and cardiovascular diseases”: Theodore, R, McLean, R & Te Morenga, L “Challenges to addressing obesity for Māori in Aotearoa New Zealand” (2015) *Australian and New Zealand Journal of Public Health*, Vol 39, Issue 6, pp 509-512, accessed at <http://onlinelibrary.wiley.com/doi/epdf/10.1111/1753-6405.12418>

<sup>44</sup> “Maori spirituality is a vast and ever-present phenomenon that is strongly connected to sustaining well-being and supporting methods of healing” Wirihana, R & Smith, C “Historical Trauma, Healing and Well-Being in Maori Communities”, p 204.



nā te whakapapa me ōna kura mātauranga i renarena te taukaea ki waenga i te tangata me ana mahi katoa, manaaki taiao mai, tiaki whānau mai, poi i te iwi mai.

Ko tā te karakia i ngā ahurea kai o nāianei kāore i te paku aro ki te taha wairua o te tangata, ka mutu ko te ngao kei mua i te aroaro he mea tāmi, he mea pōkē kē. Tēnā tirohia te taiao o te nuinga o tātou, karapotia ana e te mahi a te paitini, inā te maha o ngā toa hoko waipiro, ngā toa hokohoko kai, ngā tini āhuatanga e pōkē ai te wairua. Kei hea te tānga wairua i ēnei horopaki kōrero? Me uua ka whai wāhi atu te taha kiko ki te taha wairua, inā rā kua kapi tātou i ngā pōrearea o tauwi.

Heoi, kia hoki rā ki ō maunga kōrero kia purea e ngā hau o Tāwhiri. Kua roa tātou te Māori e whakatakoto ana i tēnei kōrero tuku iho, ka mutu kei tētahi taumata whakaaro ko te hoki ā-tinana atu o te tangata ki tōna ūkaipō e rongō ai ia i te ngao o te whenua hei whakawhenua anō i a ia me tōna wairua. E hia kē nei ngā kōrero a ngā mātanga hauora mō ngā hononga o te puta o te tinana ki te taiao hei oranga wairua.<sup>45</sup> Kua whakaputaina hoki e ngā kaipūtaiao ngā kitenga mō ngā taiaki ka oho ake kia noho te tangata ki tētahi momo taiao tēnā i te tāone.<sup>46</sup> Ko te whakaāio o te wairua o te tangata kei te whenua, tēnā ko hea hei whakaāio mō te iwi e wairua kotiti ana, e noho tawhiti ana i te taiao motuhenga ā moroki nei? He aha ia te wāhi e tau tika tau tonu ai te whāngaitanga o te taha tinana me te taha wairua? Te taha tangata me te taha taiao? Nā te kore i hono ā-wairua ki te whenua me ngā wai, kua kore te tangata e paku aro ki ngā rautaki e ora ai te tangata me te taiao e nohoia nei e ia. Kua kī pea nā te korenga mai o te hononga taketake kua haere ā-kurī tātou te Māori. Waihoki, kua riro te kotokoto tahi o te tangata me te taiao, ā kua māuiui te taiao, nō konā kua māuiui hoki tātou te tangata.

#### Taha hinengaro – e pūhuki noa iho ana

Mai, mai, kua noho ko ō tātou rohenga whenua hei paetara iringa kōrero, ka mutu kua oti kē i a au te whakakite i ngā momo toi kua hua i te hononga o te tangata ki tōna taiao, ki tōna reo, me ōna whenua hei waka kawē i ngā kura wānanga.

Kia whakaarohia te nohanga o te Māori o mua noa atu i mauri ora ai nā runga i te hononga taiao, nā runga i ngā hononga whenua me te hononga ki ō rātou whare wānanga katoa. I noho ngā mātauranga o tāuki ki tōna anō horopaki, ka mutu i reira katoa ngā kura wānanga hei takitaki i te whanake o te tangata.

Engari kāore i te pērā i tēnei rautau. Nā te raupatunga o te whenua me ngā ture kaikiri, kua momotu te taura here o tāuki ki ngā pātaka iringa kōrero, nō konei kua wairuhi tā te iwi kuhu ki ngā kura wānanga o mua noa atu hei taki haere i te whanaketanga o te tangata. Tēnā kei hea ngā pātaka iringa kōrero hei nanaiore mā te hunga hiakai? Waihoki, ko ngā maramara kei a tātou tonu, kua noho horopaki kore.

---

<sup>45</sup> <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety>

<sup>46</sup> Mental Health Foundation Survey, September 2018  
<https://www.mentalhealth.org.nz/home/news/article/223/survey-shows-strong-link-between-time-spent-in-nature-and-positive-mental-health>

Ko ā tātou titonga kua tūmatanuitia e te ware, ko ngā tini pikitia e hokona ana i te ipurangi, i ngā kāri tūruhi, tatū atu ki ō tātou whare, kua mau i ngā ringa raweke o tauwiwi, kua hunaia rānei e te iwi, he matakū nō rātou kei riro. Nā te kore i whai horopaki, kua kore he māramatanga, ka mutu me he māramatanga e whiti ana. Nō konei kua pōauau te hinengaro Māori, kua riro katoa ō tātou whakaaro i takea mai i te papanga ngākau o ngā tūpuna hei oranga mō tātou.

Kei hea kē te kawenga e hua ai he māramatanga, ka pēhea te whakahoropaki i ngā taonga o kui mā o koro mā kua kāhakina ake, ā e noho marara nei? Kāore te māngaro o te toi e rangona kia noho rāwaho i tōna anō horopaki. Hei tā Mason Durie, me mātua whai horopaki tētahi kura mātauranga kia tutuki rā anō ai te whakaaro ki te māramatanga.<sup>47</sup> Kua kōpakina ake i konei te nui taioreore o te whai horopaki e hua ake ai he māramatanga. Ko te raru kē, ko te nuinga o te iwi e noho wehewehe ana i ō tātou pātaka mātauranga, ā kua riro katoa i ngā whakawai o te tāone nui. Kei tēnei whakaaro kua hua ake ko te taumata o te ware, ko te kore i mārama, nā konā kua puta ko kore i mōhio, nā wai rā nā wai rā kua manawa kiore te taikura o te whakaaro Māori, kua kūiti rā anō tō tātou whakapono ki ō tātou ake kōrero taketake hei kaiakiaki i te waihanganga whakaaro.<sup>48</sup>

Whāia tēnei kua riro katoa ngā rautaki motuhenga i whakamahia hei kaupare ake i ngā manu kāwhaki a Whiro-Matangaro, nō konei kua hou mai ētahi momo e māuiui ai te hinengaro Māori.<sup>49</sup> Ka tangi ki a tātou kua ngau e ngā mate hinengaro; huri, huri noa, ko Māori mā tērā kei ngā whare wairangi, ko Māori mā tērā ahakoa pea te piki anō o te ora mō tētahi wā, he rite tonu te rukupopo me te waihapa ki ērā whare wairangi rā.<sup>50</sup> Mai i te hiku o taku ika topa atu ki te wai pounamu, tārake ana te kitea o ngā taura e here nei i te tāmata o te ahurea Māori me ōna tikanga whakahaere, me te wehe marara o ngāi Māori ki ngā tāone. He taura here whenua ka momotu, he kura wānanga ka riro. Kia manawa kiore te ahurea taketake o tētahi iwi, ko te iwi tonu ka wairuhi noa. E kitea ana tēnei i ngā marae kāinga taketake puta kau noa.

### Taha whānau

Nā te noho wehewehe o te iwi ki hea ki hea, ka riro katoa hoki te āhuru mōwai o te noho tahitanga o te whānau. Kua whakatakatoria kētia te tāhuhu whakaaro mō te oranga o te kotahi kei te tokomaha, inā noa ake ngā whakatauākī e taunaki ana i te taumata whakaaro ko te whānau ia te oranga o te tangata ā puta noa ki ōna katoa. Nā tēnei motunga here kua whakawhenuatia ētahi tikanga manene ake nei ki te hinengaro Māori, kua kore mai nei te whānau whānui hei pakihwi kaha, ko ngā pou whakawhirinaki i noho hei tohunga, hei ruānuku, hei ruahine, hei ringa poipoi, kua kore i whai papanga hei kōtuitui i ngā mātauranga e tika ana mō ngā tamariki

---

<sup>47</sup> Durie, M “Mauri Ora: Indigenous Human Flourishing”:

[www.mediacentre.maramatanga.ac.nz/content/professor-sir-mason-durie](http://www.mediacentre.maramatanga.ac.nz/content/professor-sir-mason-durie)

<sup>48</sup> “Maori disconnection with these environments perpetuated the decline of Maori language and cultural practices and precipitated the colonization of indigenous values and knowledge”: Wirihana, R & Smith, C “Historical Trauma, Healing and Well-Being in Maori Communities”, p 201.

<sup>49</sup> “[T]his urban shift . . . lead to cultural isolation and alienation from many of the traditional structures that in the past had protected Maori. . . [D]istance from traditional lands, marae, cultural institutions whānau and hapū, would have made things difficult. For many cultural decay was inevitable as was an increased susceptibility to mental health problems”: Kingi, T *Indigeneity and Maori Mental Health*, pp 16-17.

<sup>50</sup> *Government Inquiry into Mental Health and Addiction: Oranga Tangata, Oranga Whānau*, 2018, chapter 3: <https://mentalhealth.inquiry.govt.nz>chapter-3-what-we-think>

mokopuna. Nō konei kua kotiti ētahi, ka warea katoa ki ngā mahi whakanene a te kaiteroterō, ko ētahi kua kaha rawa te hamahamāhia o te porohaurangi, kua patu wahine, kua tūkinō tamariki, kua aha ake, kua aha ake. Ehara i te mea i haere atua te iwi Māori mō te kore e kotiti, mō te kore e rukupopo, engari kē i aua wā i reira te mahi a te whānau whānui hei tautoko, hei tautāwhi, e kore e kotiti noa mō te kore e hoki ora mai. Ā moroki nei, kua kore he putanga whānau hei pouwhakawhirinaki mō te hunga kaniawhea, i wā tātou nei hoki, e taea e wai te kupenga whīwhiwhi. Nā te korenga mai o ngā manu ariki hei whakataka i te pōkai, kua huri te iwi ki ngā tikanga a tauīwi hei whaitanga mā te tangata me tōna katoa, waihoki kua tāmāte haere ngā mātauranga taketake, kua waikura te tirohanga Māori, kua huri tuarā te nuinga ki ā tātou tikanga motuhenga i runga anō i te pōhēhē mā reira pea tātou e ora ai, kua hē ngā rā.

Kua mutu te ako a te kuia me te mokopuna, kua panaia kē ngā mokopuna ki ngā ahurea o tauīwi hei mea tātā mā te kaiako, hei mea whakapākehā e te ngau o manene. Tērā ngā kupu i meinga ki te tumu whakarae nei a Tā Heemi Henare i a ia i te kura, e whakahau ana kia huri tuarā atu ki tōna tuakiri Māori.<sup>51</sup> Waihoki, ehara i te mea nā te whakahau a te arero noa, engari ia nā te hau a te ringa, nā te tātā ki te rākau, nā te whakaiti i te mana whakaheke e kore ai a mana whakatupu e mairanga.<sup>52</sup> Kua tuhia e Ranginui Walker, he uaua ki te whakatakoto i tēnei momo whakawhiu mā te kupu kōrero, te whakaitia o tō katoa ki mua tonu i ō hoa, me tō whakataurekarekatia i ngā ringa o te kaiako. Mā te wheako rā anō e mārāma ai te tangata ki tēnei momo.<sup>53</sup> Nā te patunga o te tangata i a ia e tamariki ana, ko tōna tino hiahia kia Pākehā tōna hanga, ka mutu kāore rātou i te paku rata ki ngā mea Māori ahakoa te mātauranga, reo mai, toi mai, whakapapa mai, hui mai, aha atu aha atu. Kua kōpā ko te mauāhara ki te whatu o te manawa.<sup>54</sup> He tokomaha o tātou ngā tāngata Māori i tēnei wā tonu e noho manene ana i tō tātou ao Māori nā runga tonu i te mauāhara. Waihoki, e ngaungau ana taua mauāhara rā i te tangata me tana kotahi, ā tāheke rā anō ki ngā kōpura e weruweru mai ana i te muri. Ko te piko o te māhuri, tērā te tipu o te rākau. Kitea ana te whakatinanatanga o te whakataukī nei kia mātai atu ki te ao taiohi Maōri, ko ngā whakawai o te ao hou kua roa nei e whakamanarū ana i te wairua Māori, kia tawhiti rā anō te karore i ngā tikanga e mauri ora ai tātou.

Manaakitia ai te pīpī paopao e te kāhui pūkeko. Waihoki, i ngā wā o mua i mātua rautia te tamaiti, ka mutu i noho te hapū hei taituarā mō ngā mātua ki te aituā, ki te māuiui, ki te pokea, koia i kīia ai i mātua rautia.<sup>55</sup> Engari i ēnei wā kua kore tēnei āhua e taea, waihoki e kitea ana

---

<sup>51</sup> “He told us of an inspector . . . who told Sir James and his fellow pupils that ‘English is the bread and butter language, and if you want to earn your bread and butter you must speak English’”: Waitangi Tribunal, *Te Reo Maori Report* (Wai-11), April 1986 (Wellington: Brookers, 1993), p 9.

<sup>52</sup> “Then he also told us of being sent into the bush to cut down a piece of supplejack with which he was punished for breaking the rule that te reo Māori must ‘be left at the school gates’”: Waitangi Tribunal, *Te Reo Māori Report*, p 9.

<sup>53</sup> “It is difficult to describe the traumatic effect of being condemned by fellow pupils and being dragged before teachers to be reprimanded for doing that which comes naturally. . . Persecution of this kind has to be experienced to be understood”: Walker, R. *Nga Tau Tohetohe: Years of Anger*. Auckland: Penguin Books, 1987), p 165.

<sup>54</sup> Selby, R *Still Being Punished* (Wellington: Huia Publishers, 1999), pp 1-4.

<sup>55</sup> Te Wharehuia Milroy, kōrero ā-waha, Te Panekiretanga o te Reo, 2013.

ngā mīhini pēnei i te Oranga Tamariki, i te aha rānei, me ngā pānga ki ngā tamariki ka whai wāhi atu ki ēnei tū wāhi.<sup>56</sup>

Ko te hāpai o ki muri, kua kōpakina ake i ēnei kupu ruarua te nui o te whakaaro o te noho tahi me te mahi tahi o ngāi mātāpuputu me ngāi mātātahi, ko te mahi tahi a te teina me te tuakana, ka tīkina ake te kōrero mā te teina ngā mate o te tuakana e rānaki. Ko te kōrero kei muri ko te manaaki o te teina e te tuakana e whiria ai te taura aroha, kia tae rā anō ki te wā āe ka rite, ka mutu ka hiahia te teina ki te ngaki mō tōna tuakana te take. Kia whakaarohia tēnei momo o te manaaki me te tiaki, tētahi reanga i tētahi, kei te kitea me uaua ka renarena te taukaea aroha ki waenga i te iwi me ngā whakapaparanga ōna. Me pēhea ngā mokopuna e whai wāhi atu ai ki ngā tūpuna mātua i te korenga mai o te noho tahi o te whānau? Ka pēhea te aronuitia o kuia ka pore, o koroua ka māuiui e ngā tamariki mokopuna ki te noho wehewehe? Nā tēnei momo, kua tūāpapa kore te whare āhuru o te whānau, o te iwi nui tonu, nō konei kua noho ngā uri ki te anu mātao, ki te ua kōau. Ahakoa pēhea tāu titiro ki te mauri ora o tō tātou nei iwi, e kitea ana tōna pōhara, tōna korehāhā, ā-whānau nei. Me tāna anō whakatika i tōna anō waka, e hoa, kua tukutukua ngā mimira, ki te kore te arungia o tētahi ka taka ki te korokoro o Te Parata, oti atu.<sup>57</sup>

### He taupoki

Kia whakaarahia ake ngā kōrero o te upoko nei, ko te tino ia, ko te pōhara o te iwi i te korenga mai o te whenua taketake hei tūrangawaewae mō tō tātou oranga tonutanga. Ahakoa te pēhea, kua momotu te hononga o te tangata Māori ki ōna pātaka iringa kai, ki ōna pātaka iringa kōrero, nō konei kua riro katoa ā tātou tikanga onamata. Ko te mātāmua o te whakaaro i te rironga o te whenua me ā tātou tikanga, i tuwhera te ngākau o te Māori ki ngā whakawai o tauiwi, ko te tinana kei te warea ki ngā huka me ngā hinu. Ko te wairua e kotiti ana i ngā aukume o te wā, ko ō tātou hinengaro e tāhawahawatia ana e ngā whakahaere a iwi kē atu, i te otinga iho, ko ō tātou whānau kei te rongu i te tuakoka, i te pōauau, kua wairuhi rā anō te mauri ora o te iwi.

### **Ka Awatea**

E kapi ana ngā mea katoa mai i te kapa haka. Ko ngā mea pēnei i ahau ka roa e noho ana kua kitea te painga o te kapa haka . . . Ka kuhu mai te tangata rapu i tana ao Māori ki a mātou ka mea mātou mā te haka ka Māori ai ia.<sup>58</sup>

Ki te kitea nuitia, kia rangona nuitia te reo, te haka, te waiata, te ahurea Māori, te Māoritanga e ngā taiohi i ngā horopaki katoa, mā reira e mana ake, mana nui ake ai te reo Māori i tēnei whenua.<sup>59</sup>

Ka tōwaitia i konei te horopaki o tā te kapa haka whakahoki mai i te ora o te iwi ki ngā ringaringa o te iwi, mā roto i ngā waka eke noa i maiangi mai i runga i te taipari whakarewa o te ao Māori.

### Taha tinana – te whakakori anō i a Tamanohonoa

<sup>56</sup> *Ko te Wā Whakawhiti—It's time for change: a Māori inquiry into Oranga Tamariki* (2020).

<sup>57</sup> Mātene Te Whiwhi, Manuscript recording the dication of Te Rangihaeata, GNZ MMSS 77, p 10.

<sup>58</sup> Tihi Puanaki, uiuinga, 27/5/2020.

<sup>59</sup> Pānia Papa, uiuinga, 2/6/2020.

Kāore he mea i tua atu i te haka hei ārahi i ō tātou hauora.<sup>60</sup>

It's as if [the tupuna] are still living today and we are just doing a re-enactment of what they would have been . . . They were fit, they were strong and they were quick.<sup>61</sup>

You are going to get tired . . . so trying to get your heart rate up there under fatigue, doing haka when you're sweating and still pumping your words out. It was really about endurance training.<sup>62</sup>

Tēnei mea te whakataetae, he whakatenatena nui tērā ki te tangata kia whīroki ake kia nui ake ngā maihara.<sup>63</sup>

You just have to be haka-fit . . . You just have to be ready.<sup>64</sup>

Everyone in the group encourages each other . . . everyone is communicating all the time about training, about food, about health, about how we can contribute . . . to the group.<sup>65</sup>

I ngā tau kua taha ake nei kua huri te aro o te ao kapa haka ki te hauora, nō reira e tika ana kia tahuri mai te Manatū Hauora ki te ao kapa haka hei āwhina.<sup>66</sup>

Ko tā te Māori whakahaere i a ia anō mā roto i ngā mata o te whakapapa, he mea whakakite i ngā hononga tangata ki te whenua, ki te wai, ki te taiao nui tonu. Nā te whakamahinga nei i waia ai ia ki te kotokoto o te taiao, nō konei i whai maramataka te tangata e haere tahi ai te koringa tinana me ngā nukuroa o te ao. Nā tēnei i hauora ai te tinana o te tangata, nā te heke o te tōtā i riro mai ai ngā kai o ngā kaupeka taiao. Ko te ahurea kai nei, he mea kua roa e whakatipu ana i te puna tangata, ka mutu i haumako tahi te tipu o te iwi me te taiao.

Nā te wīra o te kaiteroteru kua riro katoa ngā whenua, nō konei i motu ngā hononga tangata ki ōna pātaka kai, ki ngā wai, ā moroki noa me uaua ka mau tonu i te iwi ērā hononga taketake ki te taiao nui tonu: he nui te hunga kua panaia i ō rātou tūrangawaewae ki ngā tāone noho ai, ka mutu kua kore i taea e te Māori ōna anō ahurea taiao te nanao mā te kohi me te whakatipu kai. Kua tāhawahawatia ō tātou pātaka kai, ētahi mō te kore e hoki mai. Ināianei kāore te tangata e rere tahi me te taiao, kāore a Tamanohonoa e whakahaungia e ngā kaupeka tau, waihoki ko te kai kua waia nei te puku o te Māori ā mohoa, he mea patu i te mauri ora, he mea kōhuru i te tangata.

Ki te tirohanga kanohi, he māmā noa te kite atu i ngā hua o te kapa haka mō te taha tinana: he rite tonu tā te hunga i uia kōrero mō ngā kawenga hauora, whakatiki, a ngā rōpū e whakariterite ana ki te whakaeke i te papatūwaewae. Atu i ngā mea e kitea noa nei, ākene pea ko tētahi matahuna o te kapa haka ko te hanganga mai o tētahi taiao mātāmuri, he taiao Māori ake nei heoi, kua kore he here ki te whenua ā-kiko nei, ki ngā wai rānei, engari ka poipoi tonu i te taha

---

<sup>60</sup> Pānia Papa, uiuinga, 2/6/2020.

<sup>61</sup> Ngāti Kuia Wehipeihana, uiuinga, 28/4/2020.

<sup>62</sup> Tanira Cooper, uiuinga, 26/4/2020.

<sup>63</sup> Kawariki Morgan, uiuinga, 16/3/2020.

<sup>64</sup> Te Whare Kotua Hare, uiuinga, 28/4/2020.

<sup>65</sup> Ngāti Kuia Wehipeihana, uiuinga, 28/4/2020.

<sup>66</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

tinana o te tangata. Kua huri te iwi Māori i ngā maramataka o tāuki ki tētahi e whai nei i ngā tū whakataetae kapa haka o te nāianeī, ka mutu mā reira kē te kai tika me te kori o te tinana.

Ka tīkina ake ko te kapa o Ngā Tūmanako, i ngā rā ohinga, ko te nui o te mīti poaka me ngā kai nui te hinu, heoi nō nā noa nei te kapa i tahuri ai ki ngā momo whakatiki a tēnā a tēnā o ngā mātanga hauora e taunaki ai i te maramataka o te kapa haka.<sup>67</sup> Ka pērā hoki ētahi atu rōpū, ka mutu, e hōrapa ana tēnei aronga, ā, e rangona ana te ahunga nui o te iwi o Tānerore, o Hinerēhia, ki ngā kai e pakari ai, e manawanui ai te tangata i roto tonu i ana mahi o runga i te atamira.

Ko tētahi āhuetanga e kitea ana, ko te aronui o te hunga kapa haka ki ngā mea pēnei me te momi tupeka, inu waipiro hoki. Kei te mōhiotia he taha ngārara kaitangata tō ēnei tūmomo rawa, ka mutu ko te hamahamāhia o ēnei tūmomo tētahi weriweri kua roa e kaikinikini ana i te mauri ora o te iwi. I whai wāhi hoki ēnei āhuetanga ki ngā whakahaere o ngā kapa o mua, he wā anō i noho ko ēnei karawhiu hei mea whakatautō i te angitū o te iwi.<sup>68</sup> Heoi, ka huri te ao, ka huri ngā whakaaro o te iwi, ka mutu kua aronuitia te kinonga o te tinana i ngā ringa o waipiro, o tupeka, ā e ngana ana ngā kaiurungi o ngā kapa ki te whakatauirā ake i tā te rangatira i kai, i tāna i inu ai.

Ka tīmata mai au hei kaiwhaako ka whakakorea tērā āhuetanga, te kaha o te inu. He nui ngā tāngata i kī mai “he aha te hua o tēnei? He pakeke au! [Ko taku whakautu]: “mēnā e hiahia ana koe ki te noho mai ki tēnei kapa me pērā te āhua. Ki te kore, arā te huarahi”. Engari . . . kua huri mai.<sup>69</sup>

I roto i ngā rua tekau tau pea kua kite i te huti o te ahurea. Kāore e whakaaengia te kaipaipa, ka whakarērea e au te kaipaipa i mua noa atu, kāore e whakaae te kaipaipa i a au e hautū ana i te kapa haka . . . Ināianeī kua kore tērā āhuetanga (te inu waipiro) i te mea he whai i te hauora he whakatauirā i te huarahi tika ki ngā tamariki, kua heke mai nei ki ngā mokopuna.<sup>70</sup>

Whakahīhi ana au kua heke te tokomaha o te hunga e kaipaipa ana . . . kua iti haere, kua iti haere. I roto i ngā tau kua huri te waiaro o te rōpū nei i te inu waipiro. He nui ngā whakaaro kia tū mātou hei tauira mā ā mātou tamariki.<sup>71</sup>

Āe, ko te hauora tērā, heoi, ko tāu anō manaaki i tōu whānau. Me pēhea tā te tangata tiaki i tōna whānau, i āna tamariki, mēnā kua tūrorotia e ngā mate ā-tinana e kaha patu nei i te hunga kaipaipa, i te hunga patu waipiro. Nō konei i tahuri ai te nuinga o ngā kaihaka ki te whakatakoto rautaki e kore ai rātou e noho hei karetao e ākina ana e ngā tai whawhati o te kaiteroterō.

E kitea ana te hononga o te kapa haka me te hauora o te kai, ka mutu kia tirohia te whakakori o te tinana i te taiao kapa haka, ehara tonu, he oranga tinana o roto. Ko te kai kia tika ki taha mauī, ko whakapakari tinana ki taha katau, haere ngātahi ai ēnei i ngā kapa haka puta kau noa. He rite tonu tā ngā rōpū aro ki te taha whakapakari tinana, mō ētahi ko te aronga nui koia ko te hauora o te tangata, mō ētahi ko te whāinga kē, ko te whakatutuki i ngā nekehanga o te

<sup>67</sup> Reikura Kahi, Kawariki Morgan, uiuinga, 16/3/2020.

<sup>68</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>69</sup> Reikura Kahi, uiuinga, 16/3/2020.

<sup>70</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>71</sup> Kawariki Morgan, uiuinga, 16/3/2020.

papatūwaewae, mō ētahi ko te hunga tamariki te tino. Ahakoa pēhea, ka aronuitia te taiao kapa haka, te ora me te pakari o te tinana, he maramataka ka tika.

### Taha Wairua

Ko tētahi atu mea ko te hauora ā-wairua nei. I te mea ka noho tātou ki ngā tikanga, ki ngā kōrero tuku iho, ki ngā kawa, ki ngā karakia, ērā mea katoa, e hiki ai te wairua o te tangata.<sup>72</sup>

Pōhara mai, rangatira mai, aha mai, ka mui mai te ao Māori, ka pōi mai te ao Māori ki te tautoko. Ka noho ki konā mākū ai, makariri ai i te hau, pakapaka ai i te rā mō te haka noa iho te take, he tautoko i tōna kapa mai i tōna rohe. Koirā pea te hua nui, he tō mai i te ao Māori whānui ahakoa toru rā, whā rā e noho tahi ana, heoi e noho tahi ana.<sup>73</sup>

Ko tō mōhio ko te whānuitanga o te tangata me tō mōhio e ora ana koe mā te mahi haka. E ora ana tō wairua i te mahi haka, e ora ana tō ngākau i te mahi haka.<sup>74</sup>

Kapa haka is a motivator year in and year out . . . We try to represent our tūpuna as best we can, on and off the stage, pre- and post-Matatini.<sup>75</sup>

[I]f you have that place you can go back to, to balance, to come back to your calm spot, it makes things a lot easier, without it you're lost.<sup>76</sup>

Nā te whakaharatau ka rongu ka pakari ake te māia. Kia rongu tonu i te māia ka mōhio ka taea e au.<sup>77</sup>

Ko tā te Māori whakahaere i a ia anō mā roto i ngā mata o te whakapapa, he mea whakakite i ngā hononga tangata ki te whenua, ki te wai, ki te taiao nui tonu. Nā te whakamahinga nei i waia te iwi ki te kotokoto o te taiao, nō konei i whai tikanga e haere tahi ai te taha tinana me te taha wairua o te tangata. Kua whakatakotia kētia tā te Māori o mua whai wāhi atu ki te taha wairua, me te whakamahinga o te whakapapa e marama ai te tangata ko hea ngā ara e ea ai te taha ki a wairua, e ea ai te taha ki ngā mea e noho matahuna nei. Ka mutu, kia tirohia ngā tau whai i muri i te taenga mai o ngā ngārara a tauwiwi, i rongu te iwi i te whāngaromanga o te whenua me ngā hononga taketake ki ngā ahurea kua roa e noho nei hei kōhanga mō te wairua.

Kua rongu te iwi Māori i tētahi momo atu anō e ngau kino nei i tōna oranga tonutanga, nō konei i puāwai ake ngā waka eke noa e ahunganui ai te iwi hei mea whakaaweawe, hei mea whakaū i te whakapono o te takitini e ora ai rātou. I ngā tau 1860 ko Te Hauhau tēnā i hua ake ai ko te Pai Mārire i raro tonu i ngā kupu a ngā poropiti pēnei i a Te Ua Haumeene, i a Tītokowaru. I te rāwhiti ko Te Kooti me tāna—ko Te Ringatū tērā. Ka tōwaitia tāku o mua noa, ko tā ēnei rautaki he ngana ki te whakapiripiri i ngā maramara e kātua anō ai tā tātou tū tahi. Ko te tino o ēnei waka eke noa, ko te whakakotahi i te tangata ā-tinana, ā-wairua nei hoki e tapatahi ai te whakapono o te katoa, āe, ka puta ka ora. Ahakoa te rironga o te whenua, ahakoa pea ngā auhītanga ki ngā whakahaere taketake o te iwi, i taea tonu e ngā tūpuna o rātou wairua te whakaāio, te whakaoho mā roto i ngā kawenga wairua o roto mai i ngā waka o te whakapono.

<sup>72</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>73</sup> Timoti Kāretu, uiuinga, 7/3/2020.

<sup>74</sup> Tihi Puanaki, uiuinga, 27/5/2020.

<sup>75</sup> Te Whare Kotua Hare, uiuinga, 28/4/2020.

<sup>76</sup> Sam Rapira, uiuinga, 23/6/2020.

<sup>77</sup> Te Puna Moanaroa, uiuinga, 22/7/2020.

Waihoki kia tirohia ngā tamariki o ēnei waka wairua, ko te iwi Ringatū tērā, ko te iwi Pai Mārire terā, ko te iwi Rātana tērā, e kitea ana te kaha me te mana nui o roto mai o te whakapono me te whakaaweawetanga o te wairua.

Kia tatū atu ki ngā rā o nāianeī, he rite tonu tā te kapa haka whakakotahi i te iwi.

Atu i te whakapono kapa haka nei, ko te whakapono ā-Māori nei, ā-wairua nei . . . koia te waka e hutia ake nei te iwi Māori i te pūrangaparū, i roto i ngā pēhitanga, i ngā tāmitanga, e waha nei i ngā pikaunga taumaha o te ao ko te kapa haka e whitiria nei he māramatanga he oranga ki runga i te tangata, i runga i te tangata me tōna whānau, i runga i te tangata, i tōna whānau, i tōna hapū, puta rā anō ki tōna iwi.<sup>78</sup>

I tēnei whakaaro, mārama noa ana te kite atu i te hononga o te kapa haka o nāianeī ki te whāngaitanga o te wairua Māori. Ka tōwaitia tā Te Kāhautu mō te nui o te iwi kua huri ki te whai i tēnei hāhi hōu o Tānerore, o Hinerēhia. Ko tā te kapa haka, he whakahuihui i te takimano ki raro tonu i te whakaaro kotahi, koia ko te oranga tonutanga o te iwi me te kore huri tuarā ki ā tātou tikanga.

Atu i ngā haumāuiui ka puta ki te tangata i tana kuhu ki te ahurea o ngā waiata me ngā oro Māori, mā te whakakakao i te takimano ki raro tonu i te whakaaro kotahi e tapatahi ai ngā hoe horo o te waka. Ki te wā i a Te Ua, i a Te Kooti, i a Tāwhiao mā, i kōtuia ngā kaupapa e hiwa ai te tangata, i kawea ngā tūtohu e kotahi ai te tangata me tana katoa ki tētahi taumata whakaaro e hutia ai a ngāi pōnānā i te tuakoka. I whakairohia ēnei waka eke noa ki ngā ara e puta ai te iwi ki te māramatanga mō ngā ngau kino o te wā pēnei me te raupatu whenua, pēnei me ngā whakawai a te Pākehā. I manakohia nuitia te kotahitanga o te iwi e ngā rangatira o aua wā, ko te pupurutia o ngā taonga o tuawhakarere me te hīkoi tahi i te ao hou nei i runga tonu i te āwai o ngā tikanga whakahaere e mauri ora ai te tangata me tōna katoa.

Kei te whāia tonutia tēnei momo e tāua i te rangi tonu nei, ko te papatūwaewae tērā e kawea ake ana i ngā tini kaupapa ki te ngutu o te motu, ko ngā take tōrangapū, ko te pakanga mō te reo, ko te tū o te tangata whenua, ka mutu he tōtō i ngā tini kaupapa e aupēhi nei i a tātou mai i te kokonga o te whare ki tōna poho kia kōrerohia e te tini e te mano. Ngā take pēnei me te waipiro, pēnei me te tūkinō wāhine, tamariki, whānau, ngā ngārara weriwere pēnei me te whakamomori, katoa ēnei ka whai wāhi ki ngā whakaaro o te iwi nā runga tonu i te waka kawea o waiata, o poi, o haka. Kāore te kapa haka e noho hei mea whakaāio, he whakamāuru noa rānei i a wairua, engari kē mā te kapa haka te wairua o te tangata e wana ake ki ngā ahi tū tata e hunuhunu ana i te mauri ora o te iwi nui tonu.

He mea whakaaweawe te wairua o te tangata e ngā mahi haka, mai i ngā orooro o tāuki ki ngā hikinga manawa tatū atu ki te whakakotahitanga o te iwi i ngā rā pōkākā, he oranga nui kei te ao kapa haka mō te wairua o te tangata ka tika.

Taha hinengaro - he whakaaneane i a hinengaro pūhuki

---

<sup>78</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.



Nā te ao haka kua kore au i whakamā, kua kore au i aha, kua mōhio au ki tāku e haka ana. Nā reira nā te haka au i pērā ai. Mēnā au i noho tonu ki te ao o te kūare e kore au e tū ki te haka.<sup>79</sup>

It's key in high-performance, if I had known then what I know now in getting that high-performance level, I would have seen everything differently. I think the biggest one, thinking in te ao Māori, is the whare tapawhā.<sup>80</sup>

Nō tēnei tau tonu i tino kite au i te pai, i te rawe o te kapa haka hei waka kawē i te reo Māori ki ngā taringa o te rangatahi, e ngākau nui ai te taiohi ki tō tātou reo Māori.<sup>81</sup>

He nui ngā hua o te kapa haka mō te iwi . . . ko te kapa haka te ara matua e whakaratarata ai i te Māori ki tana reo. Koirā au e kaha tautoko ai i tēnei mea te kapa haka, kei te mōhioia ngā tino hua mō te hinengaro, mō te wairua, pai noa.<sup>82</sup>

Kua kōrerohia kētia tā te kaituhi titiro ki te whakamahinga o te whakapapanga toi hei kawē ake i ngā mātauranga taketake o te iwi. Ka mutu kua whakatakotoria tētahi ara e hua ai he māramatanga, e mauri ora ai te iwi mā te tāheke o te mātauranga ki ngā kōiriiri o ngā momo toi. Waihoki, kua whirinaki atu ki tā te whare me ōna momo whakakite i ngā tūāhuatanga me te hiranga o te whakahoropaki i ngā kura wānanga mā te matapihi o te taiao. E mārama ai tētahi kura mātauranga, ka waihape ki te kōrero he pātaka iringa kai, he pātaka iringa korero. Nō konei ka whakatewhatewha i tā te kapa haka tōtō mai i te wharenuī ki te poho o te iwi hei whitinga māramatanga mōna.

O ngā mātanga haka i uia, he rite tonu tā rātou mō te hokitanga atu o te iwi kaingākau nui ki te haka ki ngā rōpū kāinga, ngā rōpū e whakahaerehia ana i ō rātou marae ake. Hei tā Tīmoti Kāretu koia pū tētahi o ngā whakahokitanga nui ki ngā marae kāinga, ko te waiatatia o ā rātou waiata, ko te whakakōrerotanga o ā rātou poupu.<sup>83</sup> He whakaaweawe i te tangata i roto tonu i te rētōtanga o ōna hītori. Waihoki, kāore i rerekē mō ngā Māori noho tāone, ahakoa pea kāore i whai wāhi ki ngā marae ake o te kāinga, e kitea ana te pā harakeke o ngā marae tāone pēnei me Hoani Waititi:

He aha i tū ai a Hoani Waititi . . . kia rite ki te kāinga i mahue ai i a au, Te Tairāwhiti, hei Hawaiiki atu anō.<sup>84</sup>

Ko hea kē mai hei whakakite i tā te marae kawē ake i ngā kura wānanga o tāukiuki.

Ko tētahi atu hua nui ka puta i konei, ko te noho o tēnei hunga ki tētahi taiao e whai horopaki ai ngā mahi kapa haka. Kua noa ko te kawenga ā-tinana mā ngā mahi wero, karanga, whaikōrero, waiata, haka “e whakangungu ana i runga i te marae ka tino hiahia ki aua mahi rā”,<sup>85</sup> engari kē ko te whakahoropaki i ngā kupu o tāuki, ko te raranga i ngā tini kaupapa mā te tirohanga Māori. E whakakitea ana tēnei mā roto i te tāhuhu tonu o te whare, mai i tōna anō

<sup>79</sup> Tīmoti Kāretu, uiuinga, 7/3/2020.

<sup>80</sup> Sam Rapira, uiuinga, 23/6/2020.

<sup>81</sup> Kawariki Morgan, uiuinga, 16/3/2020.

<sup>82</sup> Te Puna Moanaroa, uiuinga, 22/7/2020.

<sup>83</sup> Tīmoti Kāretu, uiuinga, 7/3/2020.

<sup>84</sup> Reikura Kahi, uiuinga, 16/3/2020.

<sup>85</sup> Kawariki Morgan, uiuinga, 16/3/2020.

hanganga, tatū atu ki ngā pōkai kōrero ōna kua whakairohia, kua whatua, kua meinga atu ki a ia.

Hei whakatauiria i te momo o te horopaki kei te kōrerohia, ka tīkina atu ngā kōrero mō tō tātou taha wahine me ngā taha ōna i te whare. Āe, ko te mana o te wahine kei runga, koia tonu te whakatinanatanga o te whare tangata, ko ia tonu te whitinga ki te ao o te ora, tārake ana te kitea he mana nui te wahine i te horopaki o te pātaka kōrero, ka mutu i ngā taumata whakaaro o te Māori. Hei take kōrero ā moroki nei, ka tirohia te ātaahua o te wahine i a ia e rere ana i runga i te papatūwaewae o te kapa haka, ka mutu ki te horopaki o te momo o tērā ātaahua. Kia tirohia te ātaahua o te nāianeī, e kaha kitea ana te tōtika o ngā makawe, me te tino tau tika o te muri ki te mua ki ngā tahataha. Heoi anō rā, tā te Māori tirohanga motuhenga, ko te taumata o te rere o te makawe ko Hinemoana. Kia tū a Hinemoana ki te waharoa, ki runga i te pare, ki roto rānei ki ngā paetara o roto, ka kōrerohia tōna anō ātaahua me te mana nui o ōna makawe, anō nei ko ngaru nui, ko ngaru roa, ko ngaru pae whenua. Heoi ka tōwaitia tāku, kia tirohia ngā kapa o ēnei rā, ko te tau me te tōtika o te makawe kei te whāia.<sup>86</sup> Me hakune tāua “kaua tāua e riro i tō te Pākehā, anei te ātaahua, ko te tūpuhi, ko te pāuaua, ko te pūioio, ērā kupu katoa.”<sup>87</sup> E kitea ana tā te whare whakahoropaki i tā te Māori titiro ki tōna anō ao me tōna anō taiao hei tūtohu i te ātaahua, i te kore i ātaahua rānei.

Mā te whai horopaki ka tipu te māramatanga me te aroha o te tangata ki tōna anō ao Māori, ki tōna anō ahurea Māori. Hei tā te hunga mōhio, nā te korenga mai o te ahurea i te momotu o te iwi ki tawhiti noho ai, kua kuhu mai ngā manu kāwhaki a Whiro Matangaro.<sup>88</sup> Ka mutu, kia tirohia ngā whakatakoto kōrero a ngā mātanga hauora hinengaro, e taunaki katoa ana rātou i te huatau, kia kore mai te tangata whenua i tōna anō ahurea, ka hanga māuiui te hinengaro.<sup>89</sup> Nō konei pea kīia ai ko te kapa haka tētahi huarahi ki te ahurea Māori, arā ake, ki ngā wharenuī me ngā wāhi e whakahīhi ai te Māori i a ia anō me tāna anō whakahoropaki i ōna anō mātauranga e whitiria ai he māramatanga motuhenga. Mā te kapa haka rā anō ētahi e tōtō, e kukume ki ō rātou Hawaiiki, māna ki tētahi kāinga atu anō hei Hawaiiki mō rātou. Kua whai putanga i te ua kōau, mā te kapa haka ka waihape ki ngā taiao Māori e noho ai ngā akoranga ki tōna anō horopaki, mā konei tātou e mārāma ai, mā konei tātou e hoki atu ai ki te maunga ā-roto, whakatau ai.

### Taha whānau

I pakeke mai au i te ao he haka te mahi. Ka tū i runga i te marae ngā whaikōrero, ngā aha noa, he haka, anō nei he mahi nō ia rā, ehara i te mea he mahi tapu, he mahi mā te whakangahau rawa ka haka.<sup>90</sup>

Mea nui o te noho tahi hei whānau, kāore i tua atu. He rite ki ngā atua, he tohe he amu he kome, i te otinga iho e mōhio ana rātou ki a rātou, he aha ō rātou pūkenga, ki hea mahia ai, mā wai te muri te mua, e mōhio ana ngā tamariki mokopuna katoa me pēhea te whakahaere marae.<sup>91</sup>

<sup>86</sup> Timoti Kāretu, uiuinga, 7/3/2020.

<sup>87</sup> Timoti Kāretu, uiuinga, 7/3/2020.

<sup>88</sup> Te Kani, T *Indigeneity and Māori Mental Health*, pp 15-16.

<sup>89</sup> Te Kani, T *Indigeneity and Māori Mental Health*, pp 16-20.

<sup>90</sup> Timoti Kāretu, uiuinga, 7/3/2020.

<sup>91</sup> Te Rita Papesch, uiuinga, 26/2/2020.

Engari mō te tangata ake, pai, kua whai hoa, kua piri i tana kapa, kua ko tana kapa anake engari ka tūtaki ki ngā kapa nō rohe kē atu, nā he hoa pūmau kei reira, nō reira ko te whakawhanaungatanga i ēnei mahi.<sup>92</sup>

We had our parents in that corner doing the weaving at 5.30 in the morning. Our afternoon training . . . all that crew weaving, watching, growling and feeding. The expression of kotahitanga, and ūkaipōtanga all in one mix.<sup>93</sup>

For kaupapa to live you have to give kids the opportunity to experience something they never have, because it might be that one time when they find this whole new them.<sup>94</sup>

Ka hinga mai tētahi kua hoki ki te āwhina. Ko te hāpai ō, te tū ki mua, te tū ki muri nē, ki ngā taha e rua. He nui ngā hua o te kapa haka ki te wā kāinga, he whakaora anō i te kāinga.<sup>95</sup>

Kia mātai atu tāua ki te taha whānau mā roto i te tirohanga o Te Whare Tapawhā, kei reira te hiranga nui o te kapa haka e putē mai ana. E hia kē nei ngā haumāiuiui o te noho tahi me te mahi tahi a te whānau, kia puta he raru he aha rānei, mā te whānau tonu tērā iro hei whakaputa e kore ai te puku e pirau noa. Ka mutu ka whakatinanahia e te kapa haka ngā mātāpono taketake o te whakamahinga o te whānau onamata.

Hei huakitanga i konei, ka waihape ki ngā kōrero mō te whāngaromanga o te tangata Māori i ngā whakawai a ngā tāone nui i ngā tau 1950-1970. Ka tōia mai ko ngā kōrero mō te rukupopo o te iwi i ēnei tau,<sup>96</sup> ka mutu ko te korenga mai o te whakamahinga o te whānau kua roa nei e whakaaweawe ana i te iwi tētahi o ngā tino i hē ai ō tātou rā. Nō reira, mā hea mai i te kapa haka hei putanga mō te tangata i ngā kōwharowaro māniana o te tuakoka?

Kia tīkina ake i konei te hunga Māori i wehe marara ki ngā tāone nui ki te kimi mahi ki te aha atu rānei, ko ētahi he mea hūnuku ki te tāone, ko ētahi he mea whānau mai ki ngā tāone. Mō tēnei iwi tāone, i rongo rātou i ngā taumahatanga o te noho rāwaho i ngā kāinga, i ō rātou whānau. Ko ētahi i te ngana ki te whakaū i tētahi momo whakahaere e Māori ai tā rātou noho:

Me pēnei te kōrero, me kore ake ngā kapa o ngā tāone i ora ai te ao haka. Ērā momo kapa i haere ai ki ngā tāone ki te kimi mahi ka tōia atu ngā tamariki kia mau tonu ai tētahi āhuatanga Māori ki roto i a rātou. Nā tērā mahi hoki i piri mai ai rātou ki tō rātou taha Māori.<sup>97</sup>

Koia rā ki a au te tino kaupapa o ngā rōpū tāone, ngā rōpū noho tawhiti i ō rātou ake iwi, ngā kohikohinga ā-iwi nei. Nā ko te tino kaupapa tuatahi i ērā wā ehara ko te haka. Ko te haka te waka engari . . . ko ngā mahi whakawhanaunga.<sup>98</sup>

Koia ēnei ko ngā rōpū pēnei me Ngāti Pōneke, me Ngāti Hamutana, tatū atu ai ki ngā kapa pēnei me Te Whare Wānanga o Waikato, pēnei me Ngā Tūmanako.

Ā ko te kaupapa nui ko te whakakotahi i te tangata, i te whānau, i te hapū, i te iwi nui tonu. Ko te whakamahinga o te whānau i ngā rā o mua he mea whakatika, he mea whakaū, he mea whakaaweawe. I ngā wā o te korekore i puta ake te kapa haka hei pou whakawhirinaki mō ngāi

<sup>92</sup> Te Puna Moanaroa, uiuinga, 22/7/2020.

<sup>93</sup> Tanira Cooper, uiuinga, 26/4/2020.

<sup>94</sup> Tanira Cooper, uiuinga, 26/4/2020.

<sup>95</sup> Timoti Kāretu, uiuinga, 7/3/2020.

<sup>96</sup> Kingi, T *Indigeneity and Māori Mental Health*, pp 16-20.

<sup>97</sup> Timoti Kāretu, uiuinga, 7/3/2020.

<sup>98</sup> Tihi Puanaki, uiuinga, 27/5/2020.

iwi kore, mō ngāi whānau kore. Kei tēnei whakaaro, tārake ana te kite i tā te kapa haka whakakorikori i tērā whakamahinga o te whānau kua roa nei e tamō ana i ā tātou whakahaere. Mō te hunga noho tāone i kuhu ki tētahi kapa, koia tonu hei whānau, hei hapū mōna: “Kia kitea tētahi e kotiti ana, ka āwhina, ka karawhiua rānei, engari he aroha tonu kei roto i tēnā”.<sup>99</sup> Anei tētahi tauira o tā te kapa haka whakaū i te whakamahinga o te whānau onamata, ka mutu ko te aroha kei te kōrerohia i konei, he aroha mau roa e kore e maroke i te rā:

E tūtaki tonu nei mātou, e mahi tonu nei mātou, kua whā tekau tau mātou e mōhio ana ki a mātou, me ō mātou whānau ō rātou mātua, ō rātou whaea kēkē katoa mātou kua tipu mai hei hapū iti nei i Tāmaki Makaurau.<sup>100</sup>

E kitea ana, e rangona ana tā te kapa haka kōtui i ngā mimira e tangatanga ana i te matua, waihoki kua whakakitea kētia ngā hua nui ka puta ki te Māori e whai wāhi nei ki tētahi whānau, ki tētahi kāhui tautoko.

Ko tētahi āhuatanga e taea ai e te kapa haka te tāngata te whakakotahi hei whānau, hei hapū, ko te tuwheratanga o ngā whatitoka ki te katoa, pakeke mai, tamariki mai, wahine mai, tāne mai, kaihaka mai, kaitautoko mai, ki ngā iwi katoa ka whai wāhi atu. Nā tēnei tūāhuatanga he rau matatini ngā hua nui ka puta i te kapa haka. Ko te mahi tahi a te iwi, ko te ako tahi, ko te wānanga tahi, ko te whakaaweawe tētahi i tētahi e puta ora ai te katoa. Ki tētahi taha, ko te hunga tamariki e noho ana ki ngā rekereke o te hunga mōhio:

Nā te mahi kapa haka kua mōhio mātou ki ō mātou tohunga piupiu. Ka piri ngā tamariki hiahia ako piupiu ki te ako i ō mātou kuia, e hia tau i noho puehu ana i te mea kāore i te mahi piupiu.<sup>101</sup>

Ki konei kitea ai te ako tahi me te mahi tahi o ngā reanga, ahakoa pea kua riro ngā rā tōnui o te mahi tahi a te iwi, e puritia tonutia ana te ātaarangi o tēnei tikanga ako i ngā kōpakitanga o te kapa haka.

Mō ētahi, ko te kapa haka tērā ka tōtō i a ia ki te ahurea o te reo Māori, he wā anō ko te matua e tōtō ana i ngā tamariki ki ngā wānanga, he wā anō ko ngā tamariki e tōtō ana i ngā mātua: “ko te tahuri mai o ngā mātua ki te reo Māori, ko te tuku i ā rātou mokopuna ki te ako i te reo Māori”.<sup>102</sup> I te otinga iho, ko te kapa haka tērā e whakarenarena nei i te taukaea reo. Kia tirohia ngā whānau kua noho tangata whenua ki te ao haka e kitea ana te rere ngātahi o te ao haka me te ao kōrero Māori, ehara i te mea ka noho ko te kōrerotanga o te reo ki te atamira noa:

Toru tekau mā toru ngā moko, rua tekau mā rua ngā mokopuna tuarua . . . e mōhio ana ngā tamariki mokopuna katoa me pēhea te whakahaere marae, ko te whakahoki ko te whakahaere i te kīhini me te pae.<sup>103</sup>

E kitea ana he ahurea Māori tō te mahi haka. He tikanga kei muri, ka mutu ko ngā reo ka whakamahia koia ko te reo karanga, ko te reo whaikōrero ko te reo kāuta, he whakatairanga i te kapa haka e whakatairanga ana i te oranga tonutanga o te reo me ā tātou tikanga.

Kei te kitea hoki tā te kapa haka kukume mai i te hunga kua huri tuarā atu i te ao Māori nā runga tonu i ngā taumaha o te ohinga o te aha rānei:

<sup>99</sup> Te Puna Moanaroa, uiuinga, 22/7/2020.

<sup>100</sup> Reikura Kahi, uiuinga, 16/3/2020.

<sup>101</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>102</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>103</sup> Te Rita Papesch, uiuinga, 26/2/2020.

Ko te māmā me te pāpā he tino Pākehā, Pākehā nei ā-wairua, ā-whakaaro, ā-aha noa nei engari ko ngā tamariki he hiahia. . . E whā tau kua kite i te Māori e haka ana, kua whaiwhai atu, ā, nā wai rā, nā wai rā riro ana mā reira te pāpā Pākehā rawa atu nei te wairua ka haere ki te tautoko i ana tamariki. Nā tērā kua whakaaro te pāpā me ake pea au.<sup>104</sup>

Whāia tēnei, ko te whakapiki i te mauri ora o te tangata. Hei tā Te Kāhautu, kua kite ia i te hutinga o te ahurea, kua rongu ia i te whitinga mai o te māramatanga ki runga ki a ia me tōna rahi, waihoki he rite tonu ngā whakaaro o te kāhui mātanga i uia e mātou. Ahakoa pea ngā whakahaere i ngā tau o mua, te momi tupeka, te hamahama waipiro, te aha atu, te aha atu, i roto i ngā tau rua tekau kua hoki ora mai he whakaaro e rangatira ai tā ngā kaihaka kawē i a rātou anō. Ka torotoro ngā rongu o tēnei whakaaro horapa kau noa ki ngā pāpāringa o te tangata me tōna oranga.

Ki tā Te Kāhautu ko te kapa haka anō hoki tētahi waka e hurikiko ai te tangata, te tamariki, te matua, te whaea rānei, ki te whai i te mātauranga. Ki te hiahia te tangata kore mōhio ki tētahi āhuatanga hou, me ako ia. Kāore i rerekē i te ao kapa haka. Nā te tōtō mai i te hunga kore mōhio ki a ia, kua whāngai a Tānerore rāua ko Hinerēhia i ngā whakatupuranga kapa haka ki tētahi taumata ako. Ahakoa ko wai ka kuhu ki te ahurea haka, he ako kei te haere. Ko tēnei kākano o ako ka whakatōkia e te kapa haka, inā noa ōna puāwaitanga.

I roto i te rua tekau mā rima tau ahau e whakaako ana i te kapa haka nei, e hia whakatupuranga kua tae mai ki Te Whare Wānanga o Waikato. Waku uri, waku tamariki ā taihoa nei ka tae mai ā rātou tamariki, ā, ko aku mokopuna ērā . . . kua tae ki Awanuiārangi, kei roto i a Aotearoa, i a Raukawa kei roto i ngā whare tini o te motu. I tō mātou tīmatanga ko te nuinga o rātou i runga i te penihana . . . Ko te whiwhi tohu, mā te whiwhi tohu ka whiwhi mahi, mā te whiwhi mahi ka piki te oranga o te tangata, ka piki te ōhanga o te tangata, ka whakatauiratia atu ki ngā tamariki.<sup>105</sup>

Mō ētahi, nā te kapa haka rātou i amo ake ki roto i ngā mahi pouaka whakaata<sup>106</sup> ka mutu ka noho ko ērā tūmomo hei whakamaunga mā ngā tamariki. Waihoki ko te puāwaitanga o te tangata me tana whānau, o te tangata me tana whānau me tana hapū, o te tangata me tana whānau me tana hapū me tana iwi ā puta kau noa. Ka hoki aku mahara ki te wā nōku e tamariki ana, ka mātaki ana au i te pouaka whakaata, ka kitea ka rangona te reo i runga i a *Pūkana*, he whakaū tēnā i taku hiakai ki tōku reo. Ko tētahi āhuatanga o roto mai o taku hiakai, ko te kite me te rongu i te whakanuitia tōku nā reo me tōku tuakiri Māori. Ka riro mā tērā momo te arero Māori o tōku whakatupuranga e whakakipakipa. Kei tērā atu taha, ko te rironga mai o te pūtea, ko te āheinga ōna ki te manaaki me te tiaki i tōna whānau ake. Mā ngā hohipera, mā ngā kura ako, mā ngā ahurea e ora ai te tangata, heoi me mātua whai pūtea e rangona ai ngā hua o ērā tū wāhi. Inā noa ngā whatitoka ka ōpure pēnā rā he whai mahi, he whai pūtea te tangata.

### He taupoki

Ehara i te mea ka whakamōmona kōrero i konei, ko tāku noa he tōwai i te hiranga nui o te kapa haka ki te oranga tonutanga o te iwi nui tonu. Mārama noa te kite rā roto i ngā whakatakotoranga kōrero he aha ia rā ngā hua o te kapa haka, ka mutu, tōna anō kuhu ki ngā reanga me ngā momo o te hāpori puta kau noa. Ākene pea ko te painga kē atu ko te tōtō mai i

<sup>104</sup> Tīmoti Kāretu, uiuinga, 7/3/2020.

<sup>105</sup> Te Kāhautu Maxwell, uiuinga, 20/6/2020.

<sup>106</sup> Kawariki Morgan, uiuinga, 16/3/2020.

tā Te Kāhautu i te huakitanga o tēnei pepa, koia ko te kapa haka te hāhī hōu o te ao Māori, ko ōna atua ko Tānerore rāua ko Hinerēhia, kia tangi tōna pere, hui katoa te iwi. Nō roto mai i ēnei tū huihuinga tāngata ka puta he ahurea kua mimiti noa i ngā 200 tau kua hori, ko te waihāpetanga mai o tētahi momo orange, ko te whakaūnga o tētahi momo mauri ora i kitea ki te wā o ngā mātua tūpuna.

## WĀHANGA TUATORU: NGĀ KITENGA

Ko te whare tapawhā o Durie e tino whakatinanahia nei i te ao haka. . . O ngā kaupapa katoa i roto i te ao, Māori mai, Pākehā mai, ki tāku titiro . . . ko te haka: ka kapi i te haka ērā taha e whā o te whare e whakatairangahia ana e Durie.<sup>107</sup>

I moana katoa ngā whakaaro o te hunga tautōhito i uia mō tēnei mea te mauri ora, he momo ka puta i runga tonu i te whiringa o ngā kanoī katoa o te tangata Māori, te aronui ki ngā kokonga ngākau, te aronui ki te taha wairua, te taha tinana me ngā momo katoa e mārō ai te taura e whiri nei i te whānau, whiringa ā-nuku, whiringa ā-rangi tē whatia. Kotahi tonu atu te taunaki o te katoa i te huatau mā te kapa haka ēnei tahataha katoa hei kawē – ka mutu e whakaū ana ngā kupu a Pania Papa, kāore i tua atu i te ahurea kapa haka hei huarahi ki te whakatinanātanga o Te Whare Tapawhā.

Kua whakatakotoria kētia i te huakitanga o te rīpoata nei te haere tahi o Te Whare Tapawhā me ngā mātāpono o Te Wānanga o Raukawa; e kitea ana kua titia ngā kaupapa/mātāpono tekau o Te Wānanga o Raukawa ki ngā mata e whā o te whare o Durie. Ahakoa kua piri atu ki ngā tahataha o te whare o Durie—te taha tinana, te taha hinengaro, te taha wairua, me te taha whānau—hei whakaraupapatanga, kua whirinaki atu ki ngā mātāpono/kaupapa ā kua tuituia ēnei, hōrapa kau i te rīpoata.

Kapa haka [has] that amazing ability to bring everyone in. It’s an example of how important the kaupapa are. If you can establish these as your fundamental principles, you just can’t go wrong. Those are the common denominators . . . Everything was around waiuatanga, everything was around whanaungatanga, everything was around the language, everything was around rangatiratanga, ūkaipōtanga, manaakitanga, being proud to be where you are from.<sup>108</sup>

Kua noho ēnei mātāpono/kaupapa hei tūāpapa mō te kawenga o te mahi, waihoki kua noho tonu hei whakakite i ngā hua kua puāwai mai.

### **Te Reo:**

Mā te reo e mārāma ai te Māori āe he Māori ia, mā te reo ō tātou kura wānanga e tuku mā roto tonu i ngā whakamahinga ōna hei kaikawe i te mātauranga. He huarahi te kapa haka mō te hunga manene ki tōna ahurea Māori, e rongo ai ia i te whakahīhī, hei whakamātotoru i te kiri e pai ai tana kuhu ki te āta ako i tōna reo me ngā tikanga. Waihoki, ka toro tēnei rongopai ki te tangata, ki te tangata me tana whānau, hapū, iwi hoki. Kei tētahi taumata ko te kapa haka hoki tērā e kauawhi ana i te hunga matatau ki te reo, nā te mea ko tāna waihangā mai i ngā ahurea e taea e rātou te kōrerorero, te waiata, te haka, me te ruku ki tōna rētōtanga. He tohu nui a Te Matatini mō te whakamāori i te reo ki ngā ahurea auraki, ka mutu whakahīhī katoa ana te iwi i tōna anō mana, me tōna anō auaha.

### **Whakapapa:**

<sup>107</sup> Pānia Papa, interview, 2/6/2020.

<sup>108</sup> Tanira Cooper, interview, 28/4/2020.

Ko tā te whakapapa he whakaū i ngā honohononga me ngā wehewehenga o tāua ki a tāua, ki ō tāua tūpuna, ki ō tāua atua, ki ō tāua tūrangawaewae, hoki atu hoki atu ki ō tāua Hawaiiiki. He mea nui te whakapapa ki te mauri ora o te tangata, nō te mea māna rā anō te tangata e mārāma ai ki tōna anō ao, māna rā anō te tangata e ngana ki te noho tau tika tau tonu i tēnei ao me tōna katoa. He tino te whakapapa mō te renarena i ngā kanoi o te whānau, hapū, iwi hoki. Mā te kapa haka ka kōmanawa ake he taiāo e whakanui ana i ngā kawenga whakapapa, hei aha, hei oranga tonutanga mō te iwi nui tonu. Kia angitū tētahi kapa, ka angitū ko te tātai whakapapa o tērā kapa. Kia whakanuia tētahi kapa, kei te whakanuia te kāhui tautoko, ngā pou whakawhirinaki, ngā ringa whatu, ngā ringa taka kai, ngā tamariki mokopuna, te marae, te waka, te rohe, te hapū, te iwi. Tārake ana te kitea, kia kōrerohia te kapa haka, kei te kōrerohia te whakapapa.

### **Manaakitanga:**

Ko te manaakitanga ia e kōrerohia ake ana i konei, ko te poipoi, ko te akiaki i tētahi momo mana. Kia mau i te ākongā ngā nekehanga me ngā ororua o te kapa, ka piki tōna mana me tōna whakaiti. Ka piki te kauuanuanu mō kaihaka kē atu me ngā pūkenga o ērā atu o ngā kapa. Ko te kapa haka tētahi papatūwaewae e whakaputaina ai te mana me ōna momo. E hia kē nei ngā whakanui a te kapa haka i a wai ake, i a wai ake, i ngā rōpū, i ngā rangatira o te motu me ngā kaihapai i te kaupapa nō rātou e tū tonu ana i te atamira, ki mua tonu i te tini me te mano tāngata. Ko te manaakitanga o roto mai o te kawenga kapa haka te taumata o te whakaaro nui, o te whakaiti.

### **Wairuatanga:**

Ko te taha wairua tētahi o ngā pou e tū ai Te Whare Tapawhā, ka mutu e mauri ora ai te tangata. Ka whakanui ngā mea matahuna, ngā mea matangaro i te taha wairua, māna rā anō te kaha me te whakapono e tōtō ki roto ki tētahi matua e taea ai e rātou ngā mahi nui taioreore te whakatutuki. I te wā o tāuki, i whakaihiihi te haka i te tangata kia taea ai e ia ngā mahi auaha o te mārā o Tūmataunga. Ināianei e whakamahia ana kia tapatahi ai te mahi a te kapa ki raurangi, hei painga mō te katoa. Mā te mārō o tēnei momo whakaaro ka taea e ngā kapa ngā puhitaioreore kāore pea e ekea ki te ngana te tangata me tana kotahi. Ko te kapa haka te whakatinanatanga o te whakapono o te takitini ki tētahi kaupapa hei painga mō te katoa.

### **Ūkaipōtanga:**

Koia ko tō hononga taketake—hononga whenua, hononga wāhi, hononga hapori—he tino ēnei e mauri ora ai te tangata. Mō ngā kapa o ngā pā kāinga, koia ko te mātāpuna o te iwi hei whāngai i ngā kōrero tuku iho, hei whāngai i ngā whakapapa, hei whakanui i tō rātou Whakatōheatanga, i tō rātou Apanuitanga, i tō rātou Tūhoetanga e whakahīhi nei ngā uri whakaheke. Mō ngā kapa kei ngā tāone nui nei, kua waihangatia mai he Hawaiiiki atu anō mō te hunga kua momotu i te kāinga, he taiāo Māori ake nei ahakoa pea te tawhiti i ngā marae. Mate kāinga tahi, ora kāinga rua.

### **Pūkengatanga:**

Ko te pūkengatanga tērā ko te uetika o te ururoa ki te paewai o te rangi, ko te tohe ki te tai, kia reia ngā wai hīnarunaru o kore-i-taea, ka mutu kia mau, kia ū. Ko te angitū te mātāmua a te whakapono, ā ko te mātāmuri a te whakapono, koia ko te mauri ora. Mā roto i ngā mahi kapa haka, ka puta he ahurea e ngana ana ki te paewai o te rangi, ko te ihumanea te otinga iho, ko te mea kē e rewa ngātahi ana ngā mātāwaka me ō rātou tāngata puta noa i te ao haka i te nui o te

tai e pari mai ana. He waka eke noa, he waka mātauranga, e tia e tia e tia, e ranga e ranga, ka tika.

### **Kotahitanga:**

Ehara taku toa i te toa takitahi engari he toa takitini kē. Ehara i te mea ka wheakotia te mauri ora e te tangata me tana kotahi, engari kē ko ōna rongopai ka hōrapa ki te takitini. Ko te tino o roto i te kotahitanga ko te mahi tahi, ka mutu e kore e whakawehewehe nā runga tonu i te tapatahi o te katoa e tutuki ai te hiahia. Ko te taumata o te mahi tahi hei painga mō te katoa, koia ko te kapa haka. Mō ngā kapa o ngā wā kāinga me ngā iwi, ka whai wāhi a kanohi kitea ki te whakaū i a rātou anō i runga i te whakaaro kotahi. Mō ngā kapa tāone nei i whakatūria he wā, he wāhi hoki e kuhu ai ngā kaihaka, e rongo tonu ai rātou i te oranga tonutanga, kua kōpakina ake ki roto i te mātāpono o te kotahitanga, ahakoa te tawhiti pea o te noho i ngā ahi o te kāinga.

### **Rangatiratanga:**

Ki konei whakatauiratia ai ngā pūmanawa o te rangatira: ko te pono, ko te mana, ko te māhaki, ka mutu ko te whakakotahitanga o te iwi, e puta ai ia i ngā tairo a Kupe, ka pae ki uta hāneanea. Ko te kapa haka ia tētahi huarahi e taea ai e te tangata te whakaputa i tōna rangatiratanga, he whakakotahi i te iwi kia kore ai e riro i ngā tai mōrearea. He waka te kapa haka e hutia ake ai te whānau i te pūrangaparau, ko ia te matapihi ki te angitū.

### **Whanaungatanga:**

Kia kōrerohia te mau roa o te mauri ora o te tangata Māori, me whakanui ko ngā honohononga whakapapa. Waihoki ko tā te kotahi tūhono, tautoko, me te pērātia ōna e te whānau whānui. Kia piri tētahi tangata noho tāone ki ngā momo kapa o te kāinga, mā reira tōna ahi kā e whitawhita anō ai. Kia tirohia ngā kapa o te tāone, kei te kitea tōna hanganga hei whānau, hei hapū, hei iwi mō te hunga kua momotu ki tawhiti; ki te kore i pēnei kua noho noa a ngāi noho tāone ki te ua kōau o te auahi nui me te kore e rongo i te ātaahua rirerire o te whakamahinga ake o te whānau, o te whakapapa, o te whakawhanaungatanga.

### **Kaitiakitanga:**

Ko tā te kaitiaki he tautoko i te iwi, ka mutu ko tā te iwi he tautoko i te kaitiaki. Ko te haepapa nui o te kaitiakitanga ko te manaaki, manaaki i te tangata, hapū, iwi hoki; te manaaki i ō tātou mātāmua, ngā rākau me ngā manu; te manaaki i te ako me te tuku o tō tātou reo rangatira me ōna tikanga. Mā tana tautoko i te mātauranga Māori, mā tana whakaū i te mahi tahi, mā te whakaputa i ngā take torangapū aha rānei i ngā atamira haka kei te whakakitea, kei te whakatinanahia e te kapa haka tā tātou kaupapa o te kaitiakitanga.

### **HE WHAKAKAPI**

Kei reira hoki ko te ira tangata. Tō tātou tū Māori motuhake mai. Ko tātou tonu te kaikawe i tērā mana whakatiketike heke mai ki a tātou. Koinā te tino o te ao haka. Te whakaputa, te whakatinanatangā mai o te whakaaro Māori nō te whenua tipu mai ai. Māori motuhake mai, Māori mārō mai, Māori katakata mai, Māori tīhoe waka mai, Māori, Māori, Māori, kia Māori te āhua, kia Māori te rea, kia Māori te whakaaro. Koinā te putanga mai i te whare haka o Toi Māori. Mā reira e ora ai tātou.<sup>109</sup>

---

<sup>109</sup> Derek Lardelli, uiuinga, 5/6/2020.



Atu i ngā mea e kitea noatia nei, ākene pea ko tētahi matahuna o te kapa haka, ko te hanganga mai o tētahi taiao mātāmuri, he taiao Māori ake nei, heoi, kua kore he here ki te whenua ā-kiko nei, ki ngā wai rānei, engari ka poipoi tonu i te taha tinana o te tangata. Kua huri te iwi Māori i ngā maramataka o tāu ki tētahi e whai nei i ngā tū whakataetae kapa haka o te nāiane, ka mutu mā reira kē e tōtika ai te kai me te kori o te tinana.

Mā te kapa haka rā anō ētahi e tōtō, e kukume ki ō rātou Hawaiiki; māna, ki tētahi kāinga atu anō hei Hawaiiki mō rātou. Kua whai putanga i te ua kōau, mā te kapa haka ka waihape ki ngā taiao Māori e noho ai ngā akoranga ki tōna anō horopaki, mā konei tātou ka mārāma ai, mā konei tātou ka hoki atu ki te maunga ā-roto, whakatau ai.

## HE TĀPIRITANGA: NGĀ KAUPAPA O TE WĀNANGA O RAUKAWA

### **TE REO**

Te Reo is a taonga that we have inherited from our tūpuna, an invaluable body of knowledge, enlightenment and innovation. Te Reo is intimately connected with mātauranga, conveying important messages about the way our tūpuna understood and experienced the world. The acquisition, maintenance, promotion and revival of Te Reo are priorities for Te Wānanga o Raukawa.

### **WHAKAPAPA**

Whakapapa reinforces the connections between us, and to our tūpuna, atua and tūrangawaewae. Whakapapa guides our efforts to better understand and contribute to the mātauranga continuum that binds us to one another across the generations.

### **MANAAKITANGA**

Manaakitanga embodies behaviour that is mana-enhancing of those around us. Manaakitanga inspires us to demonstrate generosity, fairness, appreciation, respect and consideration for others in the way that we perform our roles and responsibilities.

### **WAIRUATANGA**

Wairuatanga acknowledges the spiritual dimension in our lives and in mātauranga. It is embedded in the extensive web of relationships that weaves present, past and future generations together. Wairuatanga is explored, expanded and nourished as we strive to maximise our contribution to the survival of Māori as a people.

### **ŪKAIPŌTANGA**

Ūkaipōtanga speaks to the significance of connection with land and place. Marae are acknowledged as places that sustain and inspire us, connecting us with mātauranga from our own whānau, hapū and iwi. We encourage active participation in our marae while working to create a welcoming environment at Te Wānanga o Raukawa, nurturing a sense of belonging and value among students and staff.

### **PŪKENGATANGA**

Pūkengatanga challenges us to be bold, imaginative and rigorous in our exploration and expansion of mātauranga. It requires the pursuit of excellence in all our activities, demanding the provision of distinctive, innovative and high quality facilities, programmes, publications and services.

### **KOTAHITANGA**

Kotahitanga flourishes when commitment to a shared vision is built and sustained. It expresses strength in cooperation. Kotahitanga is evident when we pool our talents and energy, working together in order to realise common goals.

### **RANGATIRATANGA**

Rangatiratanga exemplifies the attributes commonly associated with a rangatira: responsibility, integrity, generosity and the ability to unite people. We are expected to demonstrate and foster

these qualities as we determine our collective aspirations and design strategies for their achievement.

### **WHANAUNGATANGA**

Whanaungatanga reminds us that our accomplishments are typically the result of collaborative effort, made possible by developing and maintaining strong relationships. Whanaungatanga creates opportunities for each of us to make our unique contribution to the communal enterprise, enabling shared objectives to be advanced and reinforcing our whānau, hapū and iwi associations.

### **KAITIAKITANGA**

Kaitiakitanga urges Te Wānanga o Raukawa to nurture and protect its people and its place. It requires us to preserve and enrich those taonga that we have inherited, which have been created and tended by others. We must employ our resources wisely, ensuring that their use contributes positively to our viability and reputation.