

KŌRERO MĀORI GIVE IT A GO

He kōrero mō te
Hākinakina

TALKING ABOUT SPORT



Kōrero Māori
Kia kaha ake!

**Te Kōwhiri
i te
Kōrero
Māori**

“GIVE
IT
A GO”

ONCE YOU GET
STARTED IT'S GREAT

“Mauri tū, mauri ora”



Kōrero Māori

www.koreromaori.co.nz



KŌRERO MĀORI | GIVE IT A GO

www.nzreo.org.nz

“ **KIA KAHA AKE – GIVE IT A GO**, is an important slogan in the revival of reo Māori. It’s also a phrase that’s applicable to sports, fitness and other healthy activities that hundreds of thousands of New Zealanders participate in every day or week.

This booklet – the third in the highly popular Kōrero Māori series – brings the two worlds of sports and Māori language together.

It offers basic vocabulary and simple phrases to do with sporting and other recreational activities that will help expand and polish your skills in reo Māori.

So whether you simply want to ask ‘Kei hea te pōro?’ (Where’s the ball?) or support your favourite team with a shout of Kia kaha ngā Hauāwhiowhio! – (Come on the Hurricanes!) or something similar, then this booklet is a great place to start.

Just as in sport, the whole point of giving it a go puts more emphasis on taking part and doing your best rather than simply winning. In other words, nobody expects you to become fluent overnight – just as you won’t win every match, but practice will certainly mean improved skills – and greater enjoyment.

So now’s the time to get active – and

Kia Kaha Ake!
Give it a Go!



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Many thanks to everyone who contributed to this book.

Ngā mihi nui ki te hunga nā rātou i āwhina ki te raranga i tēnei pukapuka.

Nāu te rourou, nāku te rourou, ka ora te manuhiri.

Your food basket and my food basket will satisfy the guest – this whakataukī talks about the importance of co-operation.

Kei a koe mō te kaitākaro

No doubt, you're a great player

**Mā te kaha
ora e aukati ai
ngā wharanga**

*Fitness helps
prevent injury*

**Whanahia
te pōro**

Kick the ball

**He rā pai
tēnei, nē?**

*Great day,
isn't it?*

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VOWELS

There are 5 vowel sounds in Māori; they can be pronounced 'short' or 'long'. In written form, the long vowel is usually marked with a macron eg: a/ā

a	<i>As in putt</i>	ā	<i>As in car</i>
e	<i>As in pencil</i>	ē	<i>As in measure</i>
i	<i>As in eat</i>	ī	<i>As in heel</i>
o	<i>As in fork</i>	ō	<i>As in your</i>
u	<i>As in you</i>	ū	<i>As in roof</i>

Where two different vowels appear together, they each retain their basic sound but are run together to create a smooth sounding transition. Māori words always end in a vowel.

CONSONANTS

The consonant sounds are:
p, t, k, m, n, ng, wh, r, h, w.

ng	<i>As in singer</i>
wh	<i>As the f in feather</i>
r	<i>Pronounced quite close to the English I, with the tongue near the front of the mouth</i>

STRESS

Is usually on the long vowel (as indicated by a macron eg: ā) or the first syllable

Whakaurua
kia toa
Be in to win

He aha tō
hākinakina?
What sport do
you play?

Ka wini te
kēmu i a wai?
Who won
the game?

Ka wini te kemu i a wai?
Who won the game?

Kēmu	Game
Hākinakina	Sport
Kaitaki	Captain
Kaiwhakaako	Coach
Pōro	Ball
Kaitākaro	Player
Hoariri	Opponent
Kaiwawao	Referee
Kaute	Score

Nōnahea i tīmata ai te kēmu?	<i>When did the game start?</i>
Ka wini te kēmu i a wai?	<i>Who won the game?</i>
He tino pai te tīma	<i>The team was in good condition</i>
E rima tekau ki te kore te kaute whakamutunga	<i>The score was fifty-nil</i>
He rā pai tēnei, nē?	<i>Great day, isn't it?</i>
Āe	<i>Sure is</i>

TINANA BODY



Toa	Win/winner
Rarunga	Loss
Kairaru	Loser
Rite	Draw
Hāte	Shirt
Tātai	Number
Kaimātakitaki	Spectator
Waenganui pū	Halfway
Paetaha	Sideline

Whakaurua kia toa

BE IN TO WIN

Timata *Kick off*

Haurua tuatahi *First half*

Hauruatanga *Half time*

Haurua tuarua *Second Half*

Wā mutunga *Full time*

Wā whara *Injury time*

Pae whiu *Sin bin*

**Kia tū
pango mai**
STAND IN BLACK

Ka whiua tōu tīma e tōku *My team will beat yours*

E kī! *Yeah right!*

E toru ngā karanga mō
te hoariri ā, kōtahi
mō te kaiwawao! *Three cheers for the
opposition and one for
the referee!*

Kei te aha koe? *What are you doing?*

Taihoa ake nei, e hoa *Hang on a minute mate*

Tē kite ai he mahere rautaki? *Game plan? What game plan?*

AUĒ *Bugger!*
Hei aha *Never mind*

He whetū tino nui koe!
YOU'RE A BIG STAR!

HUTUPŌRO

Kei runga i te papatākaro **ON THE FIELD**

Nōku tērā poraka pango e mau ana koe! *That's my black jersey you're wearing!*

Ko Hone te kāpene o te tīma *John is the team captain*

Kaua e pāhia, kikia *Don't pass it, kick it*

Kei reira! *He's in!*

I toa mātou, ahakoa te kaiwawao *We won the game in spite of the referee*

Kārehu ana tō hoa *He's got no idea*

Whanahia te pōro
KICK THE BALL

Hutupōro *Rugby*

Rīki *Rugby league*

Whana poikiri *Soccer*

Haupoi *Hockey*

Waenganui pū *Halfway*

Ūhanga *Goal*



Ūhanga
Goal!

Rutu *Tackle*

Taka whakamua *Knock on*

Tūhapa *Offside*

Whakarārangi *Lineout*

Maka whakamua *Forward pass*

Kakari *Scrum*

Whiu *Penalty*

Maka *Pass*

Piro whiu *Penalty try*

Whana whakaū *Conversion*

Whakawai *Draw*

Whana taka *Drop kick*

Tuarā *Back*

Poutoko *Halfback*

HĀKINAKINA PAPATĀKARO

COURT SPORTS

Tō tātou kēmu!
Our game!

Kapa
Team

Kia kaha!
Be strong!

Hihiwatanga
Concentration

Hikina!
Lift!

Whakaoti!
Finish!

Poi tarawhiti	<i>Netball</i>
Poitūkoho	<i>Basketball</i>
Tēnihi	<i>Tennis</i>
Poirewa	<i>Volleyball</i>
Papatākaro	<i>Court</i>
Kurupiro	<i>Slam dunk</i>
Wati tū	<i>Stop watch</i>
Hōtaetae	<i>Obstruction</i>
Pā tinana	<i>Contact</i>

Kei hea te pōro? *Where is the ball?*

He manu pierē *She's a rookie*

He pukatea wainui *He's past it*

Papua te poirewa *Pump up the volleyball*

Kei a koe mō te kaitākaro *No doubt, you're a great player*



Painga	<i>Advantage</i>
Mātiratira	<i>Net</i>
Rohekeo	<i>Shooting circle</i>
Puku	<i>Centre</i>
Poutiki	<i>Goal attack</i>
Ringa tītēre	<i>Goal shoot</i>
Poupare	<i>Goal defence</i>
Paihau tuki	<i>Wing attack</i>
Paihau pare	<i>Wing defence</i>

Kei hea te pōro? anyone for tennis?



Mauri Ora

OTHER SPORTS
ĒTAHI ATU HĀKINAKINA

Omaoma	Run
Hūrokuroku	Jog
Kaihūrokuroku	Jogger
Āta haere	Go slow
Kori tinana	Exercise
Hauora	Healthy
Hīkoi	Walking

Kirikiti	Cricket
Ono	Six
Poiuka	Softball
Papa	Base
Huripao	Innings
Tūpeke	High jump
Kairērere	Long jump
Omaoma a Tōhe	Marathon
Panga matā	Shot put
Poroāwhio	Discus

Ka patua e ia te poiuka
ki waho o te pāka

HE BATTED THE SOFTBALL RIGHT OUT OF THE PARK

Kia nui te hauora me te kori tinana	Plenty of fresh air and exercise
Ia rā ka haere a ia ki te omaoma	He went for a run every day
Hūrokuroku ai ahau ia ata i mua i te parakuihi	I jog every morning before breakfast
Ka patua e ia te pōro mō te nuku atu i te kotahi rau mita	He hit the ball over 100 metres
Tikina te pōro kia purei kirikiti tāua	Bring the ball so we can play cricket
He pai te omaoma mō te hauora	Running is good for the health
He tino hira a ia ki te tūpeke	He excelled at the high jump
Whakaurua kia toa	Be in to win

Kauhoe
SWiMMiNG



WAI WATER

Kauhoe	<i>Swim</i>
Kaukauranga	<i>Swimming pool</i>
Awa	<i>River</i>
Moana	<i>Sea</i>
Kahu kauhoe	<i>Swimming togs</i>
Kau tiraha	<i>Backstroke</i>
Kau tāwhai	<i>Freestyle</i>
Kau āpuru	<i>Breast stroke</i>
Haere tātou ki te kauhoe	<i>Let's go for a swim</i>
Nāna i kau te awa	<i>He swam the river</i>
Tino pai ia ki te kauhoe	<i>He/she is very good at swimming</i>
Anō he ika e kauhoe ana	<i>Swimming like a fish</i>
Waka hoe	<i>Rowboat</i>
Papa retingaru/kōpapa	<i>Surfboard</i>
Waka	<i>Canoe</i>

I mauria mai e koe ō kahu kauhoe?
Did you bring your swimming togs?

Ngā Mahi Hauora

Healthy Activities

He mahi hauora te hīkoi haere
It is healthy to walk regularly

Te tino tere hoki o te tamaiti rā ki te omaoma
What a great runner that boy is

Ka haere ngā tamariki ki te hāerere
The children went for a walk

Mā te whakaharatau e tika ai
Practice makes perfect

Te kanikani me ngā whetū
Dancing with the stars

Ia rā mō te kotahi tau i haere ahau mā runga paihikara ki te tari
I biked to the office every day for a year

I ako a ia i te karate hei wawao i a ia
She learned karate for self-defence

Āta haere *Walk slowly*

Piu *Skip*

Huri *Turn*

Peke *Jump*

Hīkoi *Step*

Paihikara *Bicycle*

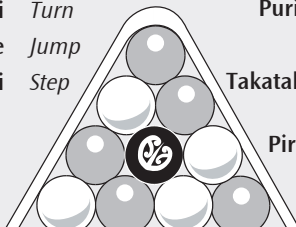
Nohoanga *Saddle*

Puringa *Handlebars*

Tini *Chain*

Takatakahi *Pedal*

Piriota *Billiards*



Me anga tātou ki te rekareka

Let's have some fun

Kāri	Garden
Kaimahikāri	Gardener
Runaruna	Pastime
Kanikani	Dancing
Haere ā-taiao	Tramp
Teihana Tākaro	Playstation

Waiho te rorohiko, haere ki waho tākaro ai
Leave that computer and play outside for a while

Me here te kurī mō te hīkoi?
Why don't you take the dog for a walk?

He kino te kaipaipa mō tō oranga
Smoking is bad for your health

Haere mai ki te whāwhā
Let me warm you up

Ko taku tino runaruna he kanikani
My favourite pastime is dancing

He kaimahikāri tino pai taku
matua kēkē
My uncle is a very good gardener

I mua i te parakuihi ka kori tinana
mātou mō tētahi hāora
*We exercise for an hour before
breakfast*

**I haere ā-taiao
mātou
i ngā maunga**
We went for a tramp in the hills

Kei te tākaro aha koe?
WHAT SPORT DO YOU PLAY?





WHARE RĒHIA

GYMNASIUM

Me haere koe ki tō ake tūāoma	<i>Go at your own pace</i>
Kia tere tonu tō haere!	<i>Go as fast as you can!</i>
Kia āta haere!	<i>Go as slow as you like</i>
Ka nui tēnā	<i>That's enough</i>
Kei reira koe!	<i>You've got to get into the zone</i>
Whakakaha i a koe	<i>Give yourself energy</i>
Tikeikei	<i>Treadmill</i>
Karaehe pahikara	<i>RPM cycling class</i>
Pahikara kori tinana	<i>Exercycle</i>
Whakapakari tinana	<i>Workout</i>
Haukori	<i>Aerobics</i>
Ngā karaehe whakapakari tinana	<i>Fitness classes</i>
Haukori angi	<i>Cardio funk</i>
Whakakakapa manawa	<i>Up the heart beat</i>
Tūoma	<i>Running on the spot</i>

KEI TE WHITI
RAWA ATU A IA
HE IS VERY FIT

Kei te haere ahau
ki ngā karaehe
whakapakari tinana
i te whare rēhia

I'M GOING TO FITNESS
CLASSES AT THE GYM

Hikituri	<i>Knee lift</i>
Tiriwae	<i>Grapevine</i>
Makawae	<i>Flick kick</i>
Turitike	<i>High knees</i>
Whakapūioio remu	<i>Buttock exercise</i>
Whakapūioio puku	<i>Abdominal exercise</i>

E HAERE ANA AU KI TE OMA!

Toa *Winner*

Tuarua *Runner up*

He hoariri toa rātou *They were great opponents*

He tere rawa te kaiwawao ki
te pū wīhara *The ref's a bit whistle-happy*

He pai ake rātou i te rā *They were too good for us on
the day*

I toa te tīma pai rawa atu *The better team won*

Kua whanakohia – kāore e kore *We were robbed – no doubt*

Mā te parakatihī ka pai rawa atu *With practice, we'll get better*

Kia kaha ake e kare mā! *Let's go team!*

Ka pai ake i te haurua tuarua *We'll go better in the second half*

E haere ana au ki te oma *I'm going for a run*

Te kāpō hoki o te kaiwawao e hoa! *The ref must be blind mate!*

Kei hea ngā hīrere? *Where are the showers?*

Kaua e whakataka i te hopi! *Don't drop the soap!*

*Ka mahi ana au, ka mahi
ka tākarō ana au, ka tākarō*

I WORK WHEN I WORK AND PLAY WHEN I PLAY

KA KITE AU I A KOE ĀPŌPŌ
I'LL SEE YOU TOMORROW

Kupu āwhina

Mua	Front
Muri	Back
Taha	Side
Matau	Right
Mauī	Left
Runga	Up
Raro	Down



He rawe tō pāreere i te pōro

YOU'VE GOT A VERY SMOOTH SWING

Tino pai te pā	<i>That's a great shot</i>
Kua whiwhi ia i te hai	<i>He scored a hole in one</i>
Kia kaha – mahia atu	<i>Come on – get active</i>

Hahaupōro *Golf*



Pōro hahau	<i>Golf ball</i>
Rākau hauptōro	<i>Golf club</i>
Papa raharaha	<i>Fairway</i>
Wāhi mōrearea	<i>Rough</i>
Pane kākāriki	<i>Green</i>
Pouhaki	<i>Flag</i>
Taurite	<i>Par</i>
Manu	<i>Birdie</i>

Ahakoā he iti, he pounamu
However small, it's valued

FAIR PLAY SAFETY

Tākaro
pono
Play fair

Me tiaki
koe i a koe anō
*Take care of
yourself*

Kia pai
tonu
Keep it clean

He hira
te mau kākāhu
whakarurutanga tōtika
*The right safety gear
is important*

Mēnā i te
mamae, kāti!
*If it hurts,
STOP!*

Marū *Bruised*
Whara *Hurt/injured*
Pakaru *Broken/smashed*
Poto *Exhausted*

He aha
te raruraru?
*What's the
trouble?*

Mā te kaha
ora e aukati ai
ngā wharanga
*Fitness helps
prevent injury*

Ka pā te
wero ki ahau
*I've got a
stitch*

Pūtu *Boot*
Hū *Shoe*
Kōtui *Laces*
Tīpare *Headband*
Ārai pānga *Mouthguard*
Ārai tā *Shinguard*
Karapu *Glove*
Hāte *Shirt*
Parepare *Padding*

Ārai tinana *Body protection*
Pōtae mārō *Helmet*
Pōtae *Cap/hat*

Kaua e
tuari pātara
*Don't share
bottles*

Tirohia
ngā uruhua
*Check out those
bruises*

Basic Sentence structure

The basic structure of a simple sentence in reo Māori is:

(Tense marker) + verb + subject + object

For instance

Kei te + whana + au + i te whutupōro = *Now kick I the football*
= *I am kicking the football*

This basic structure can be adapted according to action and tense as in the following examples:

Kei te oma ahau *I am running*

Kei te oma koe *You are running*

Kei te oma ia *He/she is running*

Kei te oma a Tāmāti *Thomas is running*

Kua oma ahau *I have run*

Kua oma kōrua *You (2) have run*

Kua oma māua *We (2) have run*

Kua oma ia *He/she has run*

Kua oma a Rāwiri *David has run*

I oma koutou *You (3+) ran*

I oma mātou *We (3+) ran*

I oma rātou *They (3+) ran*

I oma a Hone *John ran*

I oma au ki te papatākaro *I ran to the playing field*

I oma koe ki te papatākaro *You ran to the playing field*

I oma ia ki te papatākaro *He/she ran to the playing field*

Ka oma koe *You will run*

resources

- www.koreromaori.co.nz *Reo Māori interactive website*
- www.nzreo.org.nz *NZ Reo homepage with resources & links*
- www.tetaurawhiri.govt.nz *Te Taura Whiri i te Reo Māori – Māori Language Commission information*
- www.tpk.govt.nz *Te Puni Kōkiri information*
- www.hrc.co.nz *Human Rights information*
- www.maoritelevision.com *Kōrero Mai, Māori Television – every night*
- www.matariki.net.nz *Information about the Māori New Year*
- www.maorilanguage.net/ *Online video movie lessons*
- www.maori.org.nz *Links to many aspects of Māori language and culture (click link to tereo.maori.org.nz for interactive language course)*
- www.irirangi.net *Information on Te Reo Māori broadcasting*
- www.learningmedia.co.nz *Te Pou Taki Kōrero – Learning Media – Range of language recourses*
- www.nzetc.org/etexts/PHW-046 *Victoria University link to interesting old phrase book*
- www.nzhistory.net.nz/Gallery/tereo *History, vocabulary and pronunciation*

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in the spirit of New Zealand's pride in reo Māori*

'Kia ita!

Te Taura Whiri i te Reo Māori
MĀORI LANGUAGE COMMISSION



Te Puni Kōkiri



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NZ PRIDE **REO**

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