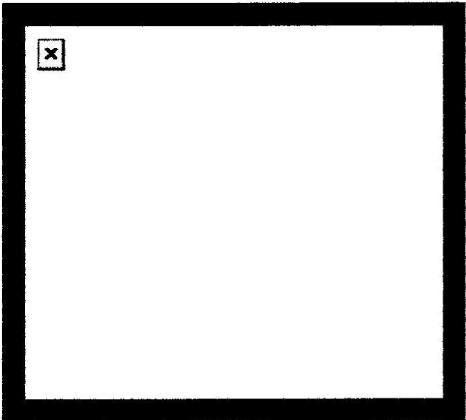


## le Haka

Ici sont les mots et la traduction  
du Haka chanté et dansé  
par les All Blacks avant leurs matchs  
Here are the words and a translation  
of the haka performed  
by the New Zealand All Blacks before matches.

**Haka**



**Ka mate Ka mate**  
It is death It is death

**Ka ora Ka ora**  
It is life It is life

**Ka mate Ka mate**  
It is death It is death

**Ka ora Ka ora**  
It is life It is life

**Tenei Te Tangata Puhuruhuru**  
This is the hairy man

**Nana i tiki mai whakawhiti te ra**  
Who caused the sun to shine again for me

**Upane Upane**  
Up the ladder Up the ladder

**Upane Kaupane**  
Up to the top