

Illustrated Haka Guide

1



Start with your feet firmly on the ground, approximately hip-width apart.

2



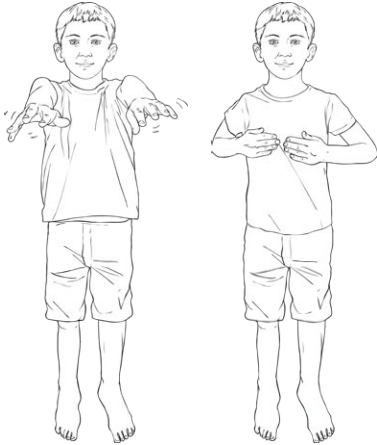
Hold your arms down with your hands by the sides of your legs. Start to shake your fingers while keeping the rest of your body still.

3



Place your hands on your hips **x 1 count**.

4



Bring your arms up so they are horizontally out in front of your body. Continue to shake your fingers. Bring your hands in to tap your chest **x 5 counts**.

5



Tuck your elbows in and make your hands into fists. Twist your body to the left, while putting your right foot forward and transferring your weight onto your right foot. Come back to face forwards with your feet next to each other **x 5 counts**.

6



Lift your right arm out horizontally to the front, fingers pointing forwards. Bring your left hand up to the side of your head with your elbow pointing forwards.

7



Slowly turn your whole body to the left and make small steps so that your feet face the left **x 1 count**

8



Tap the sides of your legs **x 1 count**

9



Lift your left arm out horizontally to the front, fingers pointing forwards. Bring your right hand up to the side of your head.

10



Slowly turn your whole body to the right and make small steps so that your feet face the right x 1 count

11



Tap the sides of your legs x 1 count

12



Face forwards with your feet hip width apart. Bend your left arm so that your elbow points forwards. Tap your left elbow with your right hand. As you do so, take a step forwards.

13



Then bend your right arm in the same way, and tap your right elbow with your left hand. Take another step forwards.

14



Jump up, then land firmly on both feet with your hands on your hips to finish. Feet should be hip width apart.