

### **Tika Tonu haka lyrics**

Leader **Ki aro**  
**Kia whakaronga, kia mau!**

All Hi !

Leader **Ringaringa e torōna**  
**kei waho hoki mai!**

Pay attention  
Listen up, take your stance!

Hi!  
Arms outstretched,  
out and back!

Leader **Tika tonu!**

All U - e!

Leader **Tika tonu!**

All U... e!

Tika tonu atu ki a koe, e  
tama  
Hiki nei koe aku whakaaro,  
pakia!  
He hiki aha to hiki?  
He hiki roa to hiki?  
I a ha hā!

What is right is always right!  
In - deed!

What is right is always right!  
Ah... yes!  
Be true to yourself, my son!

You have raised my concerns,  
so listen up!

What is this problem you are  
carrying?

How long have you been  
carrying it for?

Have you got that? Right, let's  
go on.

E tama, te uaua ana

E tama, te mārō

Roa ina hoki ra

Te tohe o te uaua na  
E tāu nei.

Āna! Āna! Āna! Aue...  
Hī!

So son, although it may be  
difficult for you  
and son, although it seems to  
be unyielding  
no matter how long you reflect  
on it  
the answer to the problem  
is here inside you.

Indeed! Indeed! Indeed! Yes,  
indeed!

### **Tika tonu haka - video, origin and usage**

## [Helpful pronunciation film](#)

### [Simpler learning video](#)

#### **Tika tonu haka**

Tika tonu U-e    Tika tonu U-e

Tika tonu atu ki a koe e tama

Hiki nei koe aku whakaaro pakia

He hiki aha to hiki? He hiki roa to hiki?

I a ha hā

E tama te uaua na

E tama te mārō

Roa ina hoki ra

Te tohe o te uaua na

E tau nei

Āna, Āna, Āna, Aue...HI!



## **Tika tonu haka translation**

What is right is always right!

In - deed! What is right is always right!

Ah... yes! Be true to yourself, my son!

You have raised my concerns, so listen up!

What is this problem you are carrying?

How long have you been carrying it for?

Have you got that? Right, let's go on.

So son, although it may be difficult for you

and son, although it seems to be unyielding, no matter how long you reflect on it the answer to the problem is here inside you.

Indeed! Indeed! Indeed! Yes, indeed!