



Haka

The first roar is overwhelming and frightening – especially when you see the warrior dancers approaching. Now it is your turn to learn “Haka” and to be a true warrior.

“Haka” is a mixture of different instruments where your hands, feet, legs, body, voice, tongue and eyes are important for the overall performance. At the end, you will be able to perform a tribal dance full of feelings, passion and team spirit.

Originally, “Haka” was a traditional Maori tribal dance that was used to intimidate opponents or enemies. The dance was also used as an acknowledgement of good fellowship or as a welcome greeting when strangers arrived. The essence of the dance is cooperation since precision, rhythm and team spirit is very important.

At the beginning of the session, your “Haka” teacher will show you how the dance is supposed to look like. Then, it is your turn. The dance is going to be a mixture of simple dance moves, traditional battle roars and frightening face expression. Depending on the number of participants you will start out as one group and then later be divided into smaller competing groups. As an extra gimmick every group will have to create their own tribal.

When you are ready, it is time to intimidate the other groups through frightening movements. When the battle is over, all groups will join in a common “Haka” dance where you get the chance to let all your feelings and battle instincts loose in a wild dance session.