

Medical & Health Information

Do you or any of your whanau members suffer from any medical or physical condition?

YES NO

If so whom of you suffer from any medical or physical condition and what type of condition is it?

Name Condition

Name Condition

Name Condition

Name Condition

Name Condition

Do you or any of your whanau members have medication or treatment for your condition?

YES NO

In case of Emergency, please provide Emergency Contact Details below.

Name

Address

Phone

THE HISTORY OF TE WHARE TU TAUA O AOTEAROA



Due to 158 years of colonisation, suppression, & legislation such as the Tohunga Suppression Act 1907 which devastated the Maori language, it's customs and all forms of ancient Whare Waananga (Traditional Learning Institutions) almost became extinct.

Te Whare Tu Taua o Aotearoa was founded by Dr Pita Sharples in the 1980's due to the renaissance of the Maori language, and it's Customs. This became the catalyst to offer the ancient art of Mau Raakau back to Maoridom as an innovative programme in physical fitness, Maori history, Maori Atua, whakapapa, confidence, leadership skills and self discipline.

Te Whare Tu Taua was one of many ancient learning schools where the art of war was preserved and taught for over 1000 years through out all Iwi and Hapu specialising in all aspects of warfare and weaponry.

The Curriculum is separated into eight stages (poutahi to pouwaru) taking between 10 to 15 years to complete for the committed and devoted individual, Whanau or Group.

At present there are approximately 2000 members through out Aotearoa from all tribes, men and women, from Akonga (Learner) to Pouwaru (Exponent). All new members are welcome to join our many branches throughout Aotearoa.

Mau Raakau Venues and Kaiako:

Paora Sharples Hoani Waititi Marae 441 West Coast Rd, Waitakere

Lance Wilson Parrs Park Glen Eden Waitakere
Thursday 5:30pm – 7:30pm

Hemi Tai-Tin Pokai Whenua Te Kura o Hato Petera
(School Gym)
103 College Rd
Northcote NORTHSORE
Wednesday 7:00pm – 9:00pm

Anaru Keogh Te Whare Tuu Taua ki Raroera Raroera Campus—Te Rapa Te Waananga O Aotearoa Hamilton
Monday 6:00pm – 8:00pm

Awhina Andrews Te Motu Arai- Roa WAIHEKE Piritahi Marae
Monday 5:00pm – 6:00pm

Wednesday practices are at Hato Petera with Pokai Whenua.

Vicky Totoro Balmacewen Intermediate
Matu Pene 44 Chapman Street Wakari
Thursday 6:00pm – 8:30pm
& Araiteuru Marae
24 Shetland Street Wakari
Sunday 2:30pm – 4:00pm



Mau Raakau



20 Week Mau Raakau Initiative

Increase your Physical Participation through an innovative & culturally relevant art form.

Tihei Mauri Ora!

Ko Mātaatua Te Waka

Ko Toroa Te Tangata

Ko Tairahia Te Maunga

Ko Ohinemataroa Te Awa

Ko Ngāi Tuhoe Te Iwi

Ko Te Māhurehure Ko Ngāti Tāwhaki Oku

Hapu Ko Te Rewarewa Ko Ngāhina nga Marae

Ko Chris Karaitiana Wiremu Tooku Ingoa Tena koutou Katoa.

Nga Mihi o te waa ki a koutou katoa e noho mai na i roto i o koutou kainga maha. Ko Te Tumanako kei te Tāwharautia koutou e nga Manaakitanga a Te Runga Rawa ahakoa nga au-piki me nga au-heke o te waa.

Na reira Tena Koutou Tena Koutou Tena Tatou katoa.

I have been given the privilege to Tutor & facilitate Mau Raakau as a health initiative for Whanau in Manurewa.

I am a practitioner of Te Ao Maarama Mau Raakau Roopu based at Mangere for the past 10 yrs under the umbrella of Te Whare Tu Tauaa o Aotearoa. My Status is Aho-rangi Tu Tauaa (Pou-ono). This Art form has allowed me to tutor in various schools in Mangere in partnership with The Mangere East Family Service Centre, Royal Oak Int...Onehunga High School ranging from year 5-6 through to 11 & 12 consistently for the past 5 years.

It's an Awesome feeling to see all age groups be inspired and motivated through Mau Raakau. So if your keen and want to be mean Maori mean, Nau mai haere mai...

Where: Manurewa Marae, 81 Finlayson Ave

Start Date: 07th April 2010

Duration: 1 hour per week for a 20 week period.

When: 6pm-7pm Wednesday Nights

Who can participate?

This Mau Raakau initiative is for whaanau, male, females, boys & girls and is ideally suited from ages 12 yrs old and older at this stage.

Those who want to participate will need to have a reasonable degree of physical ability to get the maximum from the 20 weeks.

What is involved in Mau Rākau?

Mau Rākau has always been vital to Maori Life, Culture and Wellbeing.

Mau Rākau is not only an innovative but more importantly a Culturally relevant art form that empowers the individual or whaanau with the attributes needed to sustain oneself and their whaanau... spiritually, mentally, socially and physically.

As a participant you will be...

- Introduced to basic tikanga Maori (Maori Customs) e.g. karakia, mihi, whanaungatanga.
- Participating in warm up exercises and stretches, to prevent injury.
- Required to actively listen, observe and apply lessons taught...
- Involved in simple and fun activities to reinforce and enhance lessons taught.
- Learning Leg Movements, hand, eye and body co-ordination...
- Basic use and practice of Tiititorea, Tii Rākau and Mau Rākau .

What to Bring

Suitable clothing, sneakers, small towel and a drink bottle & any medication prescribed, i.e. asthma pumps.

Applications

Unfortunately due to 1 Mau Raakau facilitator number of participants are limited.

This is a **FREE** of charge initiative. Co-ordinated by Manurewa Marae.

There are only **30 vacancies** available to the interested, keen and enthusiastic applicants. (*First come first served*)

Friendly Reminder

Each participant will need to be physically able, and **may** need to fill out a disclaimer & medical form for Health & Safety purposes.

What are some benefits of Mau Rākau?

This 1 hour per week over a 20 week period initiative will be delivered in both our official Languages Maori and English with the aim for participants to...

- Gain basic insight and understanding to Tikanga Maori (Maori Customs)
- Increase fitness, health and wellbeing through cardio physical workouts pertaining to Mau Rākau .
- Be confident and disciplined in achieving tasks and goals in general.
- Engage and develop healthy social skills where needed in order to foster healthy relationships.
- Be aware and appreciate Atua Maori and their connection to Mau Rākau (Environment)
- Confidently and competently demonstrate lessons learned e.g. Leg Movements Tiititorea, Tii Rākau and Mau Rākau.
- Translate and apply Mau Rākau disciplines to every day Life.
- Become Positive Role Models within their Whanau, Friends and Community.

Na reira e rau Rangatira ma puta noa...

Mauri Tu... Mauri Toa... Mauri Ora!!!

Response Form for Mau Rākau

If you or your Whanau between the ages of 12years and up are interested and would like to participate.

Fill out and complete the form below and post to Manurewa Marae PO Box 88-161, Clendon Manurewa. Attention: Chris Wiremu.

Or drop this form into the Manurewa Marae Office... Attention: Chris Wiremu.

Or contact Chris Wiremu on 0276648784 or email:

chris.wiremu@gmail.com

However you will still be required to bring this form with you. Once notified of acceptance.

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