

My journey through a

# Te Ao Haka

## Discipline - POI

In these slides, I will be discussing the discipline of Poi and how I've become to love it more than any other discipline. I will be discussing where my experiences of Poi began and how far along I am in my learning journey. (1)

Showcase 2022



Te Kura o Te Paroa 2019



Te Manukatutahi 2021



## Why have I chosen this discipline?

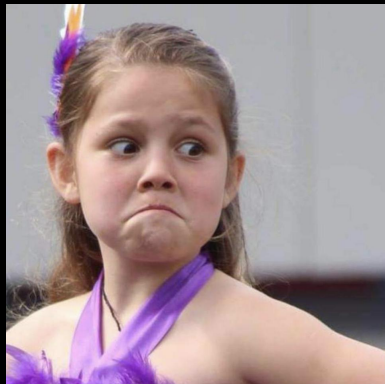
I have chosen this discipline because I can personally see growth between when I first started doing the poi to now. I have engaged in a range of different categories of poi from single poi, double poi, single long poi to double long poi in many different styles from joyful to pouri (2).

## Why I love poi:

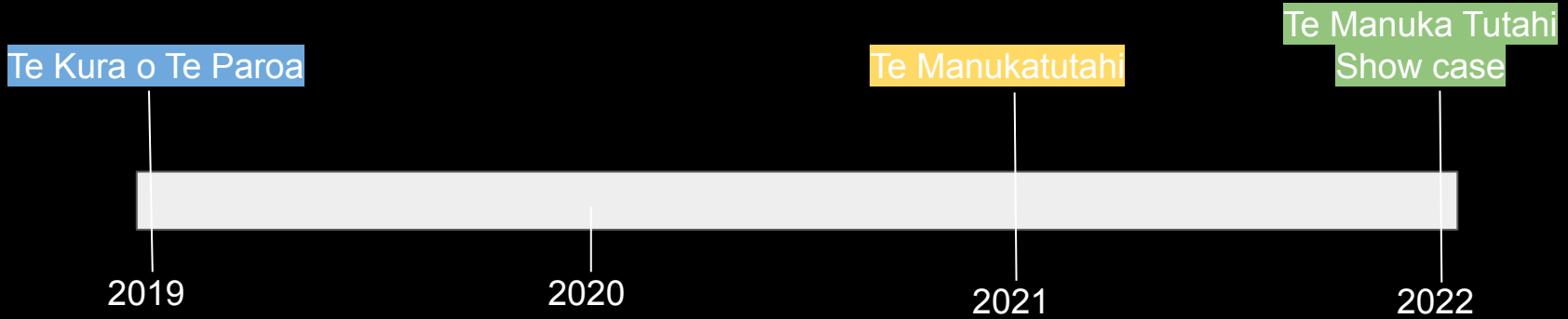
You can show many emotion through poi and present it in many different ways. Whatever tempo the waiata of the poi is going at, it completely changes the energy of the discipline. If it is something fast, that will bring out the cheeky energy. If it is something slow, that will bring out the pouritanga of the poi. Another thing is the point of view of the audience. When we are in a kurutao performing the poi, it looks as though we are coming for them which changes the dynamics of the poi (3).

## Looking back:

When I look back at my Te Ao Haka journey, especially the discipline of poi, I can see major growth. I remember when I struggled using a single short poi, but now, I can do many different categories of poi (2).



# Timeline



*Although my journey of poi started at kohanga, I will be discussing my journey from 2019 through to 2022 (1).*

# Te Kura o Te Paroa

Here is a link to our performance



Me

**Experience:** Here is our winning poi item in 2019 called Hua Noa on the Mana Kuratahi stage with Te Kura o Te Paroa. I was 13 years old (5).

**Reflect:** This year was a struggle because last minute we completely changed our poi item from a waiata pouiri to an energetic one. I could have possibly been more in time while doing the poi. In the middle of the item I forgot to lift my leg up (3).

**Evaluate:** Learning this poi was quite difficult and I was unsure on what would happen when we go to lay down (3).

**Justify:** I practised a lot and made sure to concentrate as much as I could when we were practising (4,5). This helped me with my school work throughout my years in high school because I try to fit as much school work as I can throughout the day (4).

**Whakatauaki:** Our tutor, Whaea Ripeka would constantly tell us “Mai te tope” and we would start right from the top of our performance and we would do it all over again. This taught me that practise made perfect (4,5).

**Experience:** Here is our whakawātea for Te Manukatutahi where I am one of three girls performing double long poi in 2021, to the waiata “Rawiri Waititi” (5).

**Reflect:** This was a really fun item to perform but I only had about three weeks to practise for it. I could have been more in time with the other poi girls but overall it is not too bad (3).

**Evaluate:** I was stressing over the amount of time I had to learn this poi item because it was cutting close to when we performed. I had just learned to catch the poi the week before (4).

**Justify:** Instead of going to clases, I would go to the katau to practise the long poi. The Katau is what we call our wharekai at school (4).

**Whakatauaki:** Matua Jonny would always say “Ew, what an ugly line up” which was an inside joke between our kapa haka group (4,5).

## Te Manukatutahi

[Here](#) is the link to our performance



# Te Manukatutahi showcase



[Here](#) is the link to the performance

**Experience:** Here, I am one of four girls performing the 7 min song “Waiaroha” by Maisey Rika and Rob Ruha (5).

**Reflect:** When we first started practising this item, it was a real struggle as we only had school time to practise which means I didn't really go to class. In the beginning, we decided to do 4 mins of the song, but last minute, we decided to do the full song and I think that it was the right decision. This poi meant a lot as it was a slow sad waiata and about a month before the showcase my uncle had passed away. So the emotions were going everywhere (4).

**Evaluate:** In recent years, I was stressing over the amount of time we had to finish the item, but our tutor made it a calm environment and helped us through the entire progress (4).

**Justify:** It was a lot of hard work to finish the poi and I missed a lot of class time but it was worth it to see the final product (4,5).