

TIRA
Wand

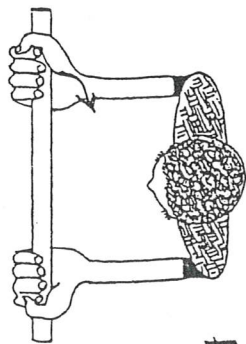
TIRA

a MAU RAKAU activity

Wand

How to Begin

Hold as in the diagram



Begin Tira held just below waist level. Elbows at sides

Kaea (leader) calls

View from FRONT.

Timata - toru, wha



Palms facing ceiling

Timata - Begin toru, wha - 3, 4

Follow the diagrams for
BASIC INSTRUCTIONS

Tira

Materials required:

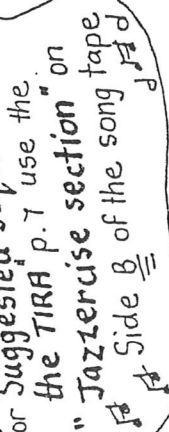
Dowelling 18 mm round - can vary in size

Length:

Cut into 95 cm. lengths (suitable: Std 3/4, Int. age, College).

Cut into shorter lengths for smaller children.
eg. 85 cm. 75 cm.

Suggested sequence for the TIRA p. 7 use the "Jazzercise section" on Side B of the song tape



Music (on Side B of song tape)

"Toia mai" waiata (a song of welcome)

"Rona" waiata (a song about a woman who was pulled up into the sky - by the moon)

Create actions to portray the words of the waiata.

HINTS



Sandpaper edges of cut dowling

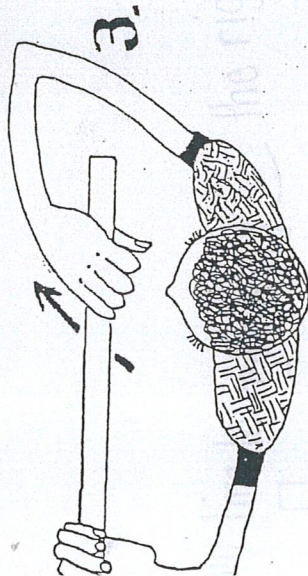
Refer to the stick as a tira (wand) (plural will still be tira)

Paint with fluorescent paint - spray

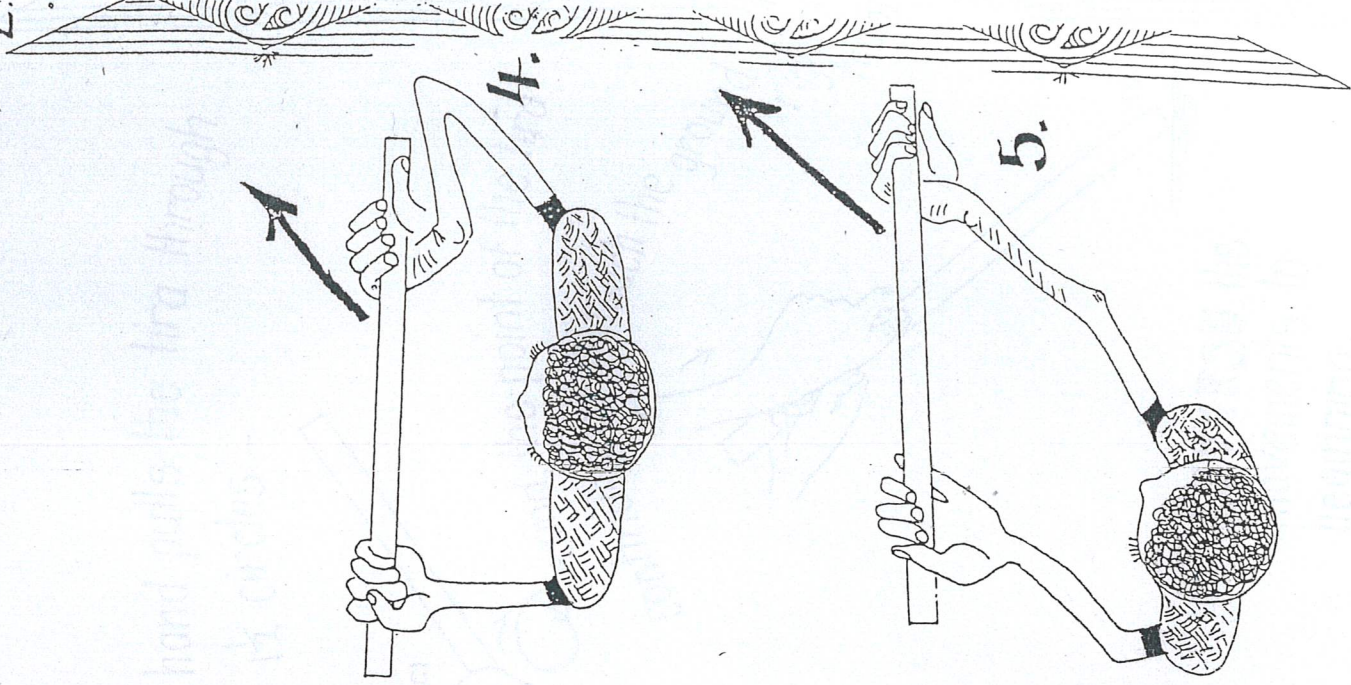
Store in an upright container for easy access

Older children can carry out this activity independently of the teacher

Any Maori children in your class? Empower them - to teach their culture - to the rest of the class. Photocopy "Tira charts" for child to take home & work out actions with parents or relations.



2.



RIGHT - the RIGHT HAND does
the movements
in the pictures)

left hand holds the tira loosely
that it turns easily in the hand.

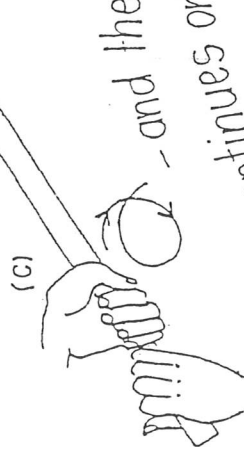
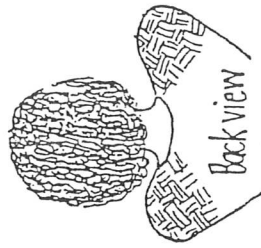
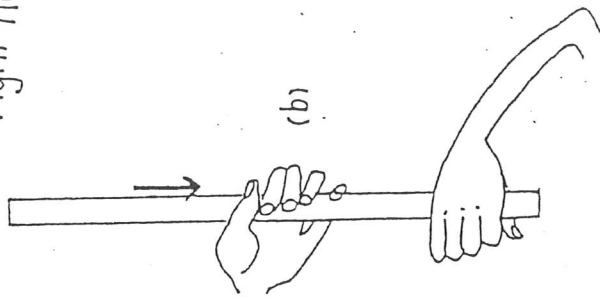
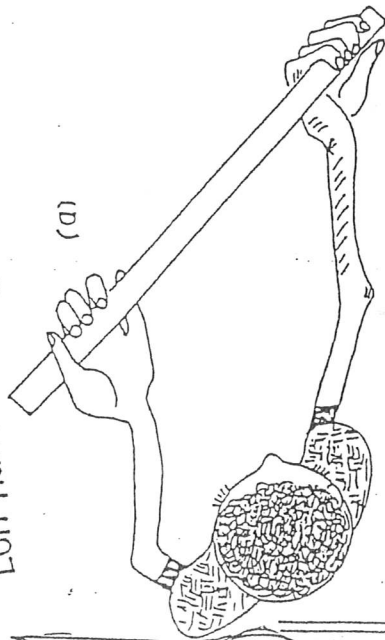
FIRMLY with the RIGHT HAND
you do the movements.

out to the side... then
Rotate up to front RIGHT
behind head!
downwards,

REVERSES the
movements to
beginning.

CIRCLE movement for TIRA

6. Left hand holding tira loosely - slides down tira to right hand - the right hand pulls the tira through $1\frac{1}{2}$ circles -



- and the point of the tira continues on to touch the ground

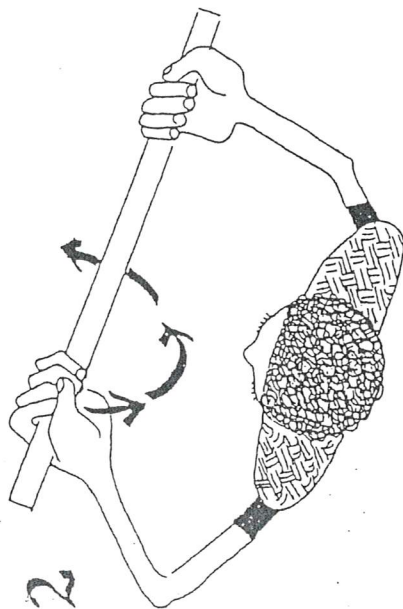
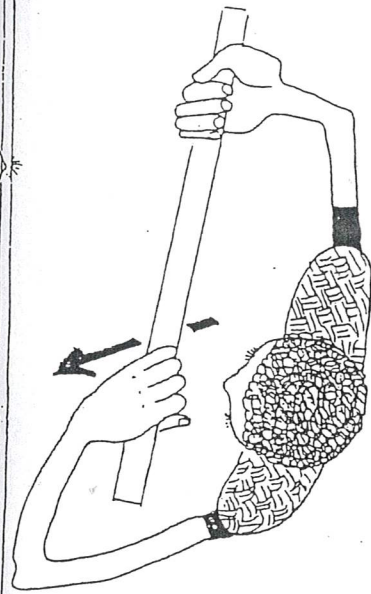


* The left hand is manipulated through this movement and does not let go of the tira

(e) REVERSE the movements to beginning.

TIRA

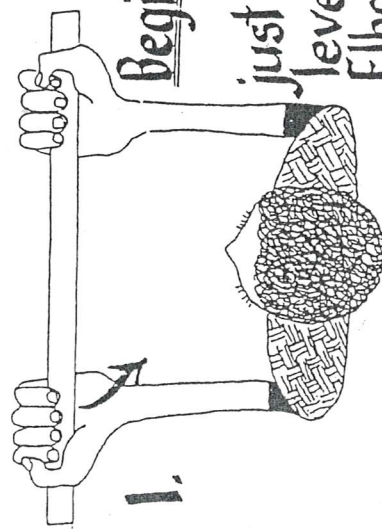
3.



To go **LEFT** - the **LEFT HAND** does the **upside down** movements.
(as in the pictures)

The right hand holds the tira loosely so that it turns easily in the hand.

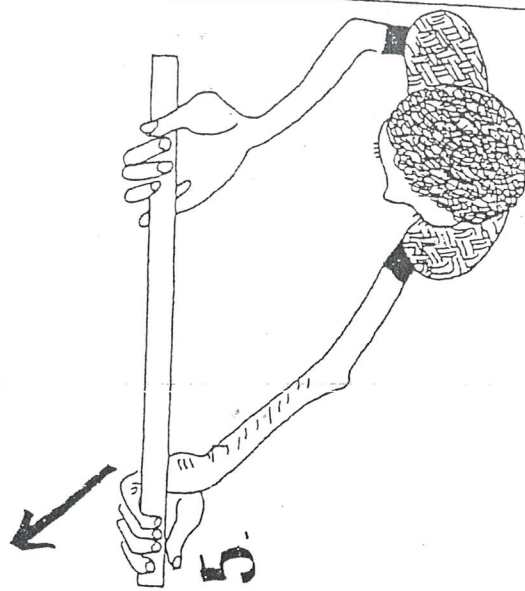
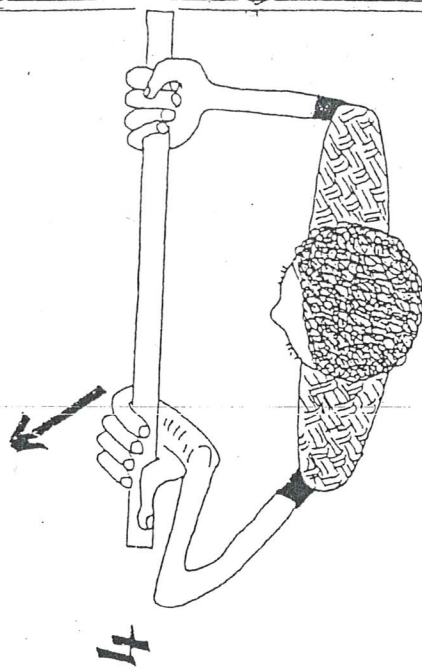
Hold **FIRMLY** with the **LEFT HAND** as you do the **upside down** movements.



Begin Tira held just below waist level
Elbows at sides

Rotate

- out to the side... then
 - up to front **LEFT**
 - behind head!
 - downwards
- REVERSE** the movements to beginning.

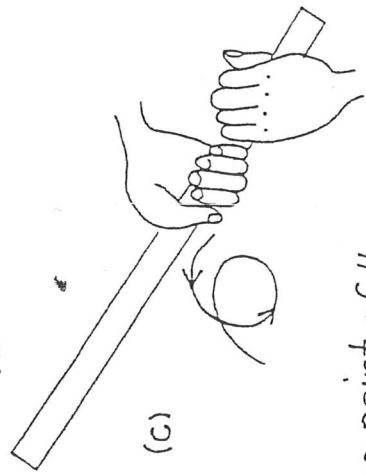
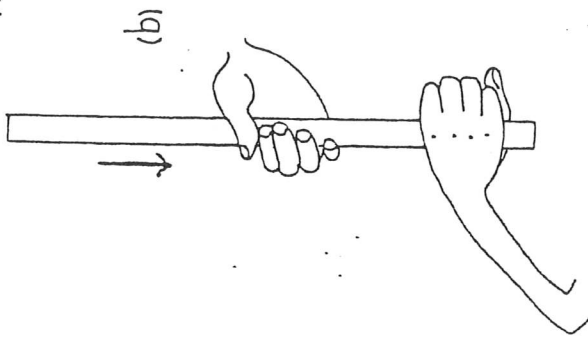
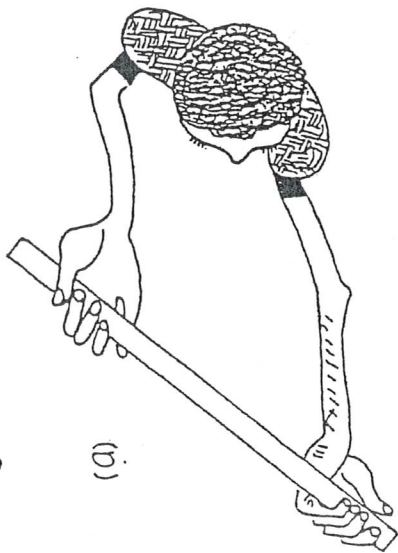


4

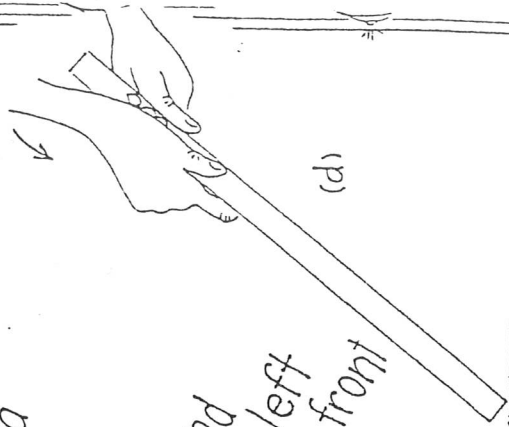
5.

CIRCLE movement for TIRA

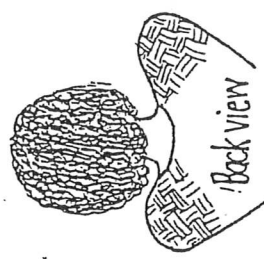
6. Right hand holding tira loosely - slides down tira to left hand - the left hand pulls the tira through $1\frac{1}{2}$ circles -



- and the point of the tira continues on to touch the ground left front

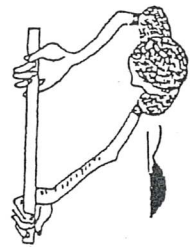


* The right hand is manipulated through this movement and does not let go of the tira



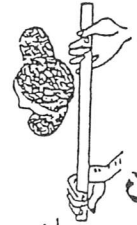
(e) REVERSE the movements to beginning.

Out to the
side - left



Spread left
foot out to
side and point

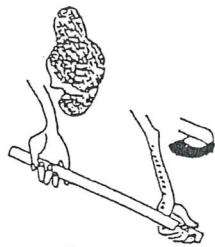
Behind



the head - left

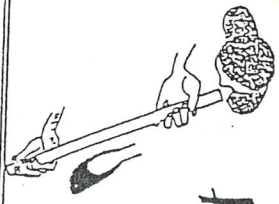
Spread left
foot out to
side and point

Downwards
to the left



Step back
on
left foot

Up to
front left



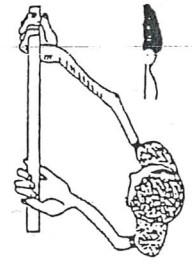
Right foot forward
and
cross over

Circle

down - left

Left foot (or right)
forward and
cross over

Out to the
side - right



Spread right
foot out to
side and point

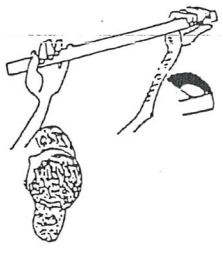
Behind



the head - right

Spread right
foot out to
side and point

Downwards
to the right



Step back
on
right foot

Up to
front right



Left foot forward
and
cross over

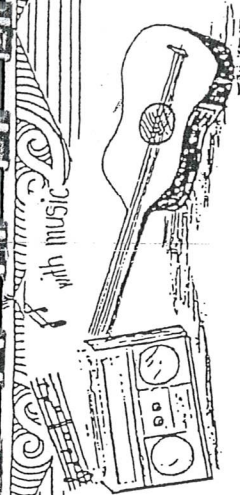
Circle

down - right

Right foot (or left)
forward and
cross over

PRAGUE! PRACTISE!
PRAGUE! without music

Suggested Sequence!
or MAKE UP YOUR OWN!

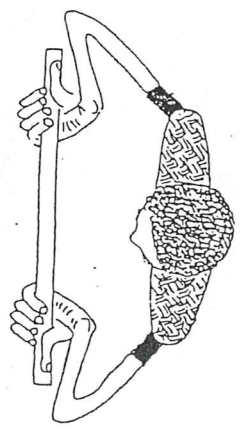
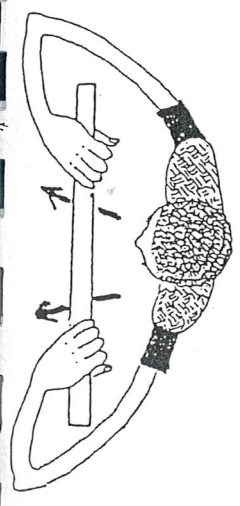
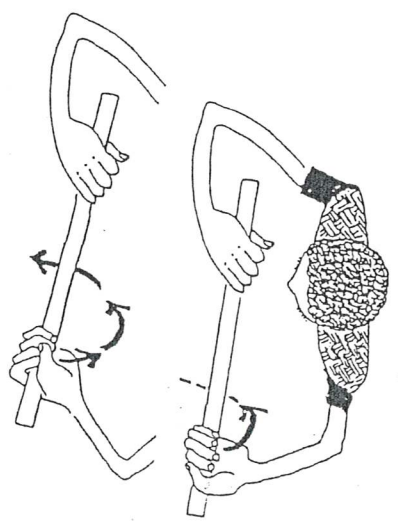


Chorus action

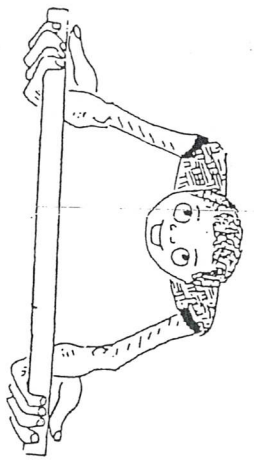
Hold *tira* in both hands (as in diagram 1)
Raise and lower *tira* from hip height to head height (4 counts) and step forward and backward with right foot, left foot, right foot, left foot...

	Alternate...	Combinations...
1 Out to the side-left (4x) Out to the side-right (4x) followed by 1	Out to the side-left / Circle (4x) Out to the side-right / Circle (4x) 1	Out to the side left (2x) Downwards left Out to side right Downwards right 1
2 Behind head-left (4x) Behind head-right (4x)	Behind head-left / Circle (4x) Behind head-right / Circle (4x) 1	Behind head left (2x) Downwards right Behind head right Downwards left 1
3 Downwards to the left (4x) Downwards to the right (4x)	Downwards to the left / Circle (4x) Downwards to the right / Circle (4x) 1	Up to front left (2x) Downwards right Up to front right 1
4 Up to front-left (4x) Up to front-right (4x)	Up to front-left / Circle (4x) Up to front-right / Circle (4x) 1	

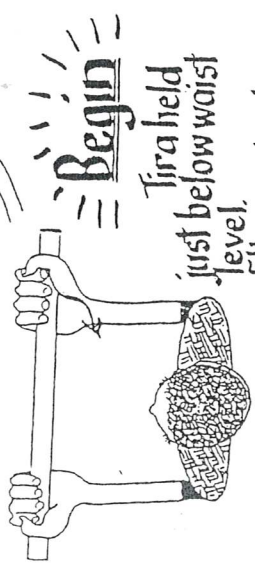
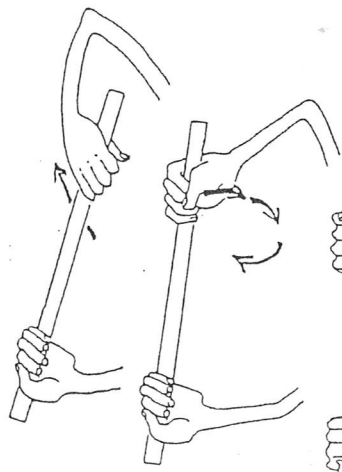
EXTENSIONS



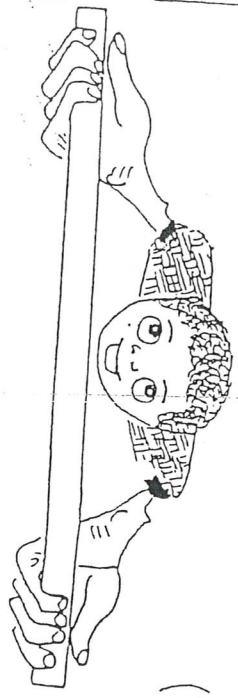
KERIKERI Movement



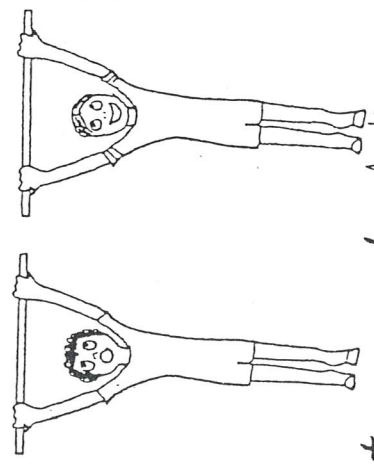
To raise the tira above the head
both hands do the **upward**
movements (as in the pictures)
upwards



Begin
Tira held
just below waist
level.
Elbows at sides



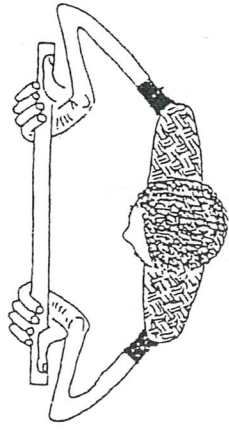
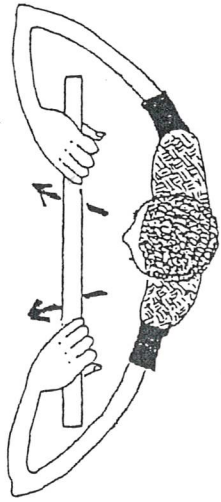
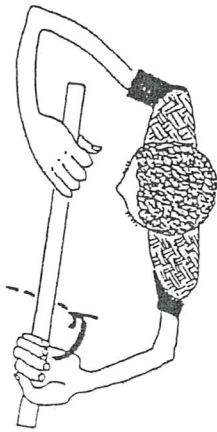
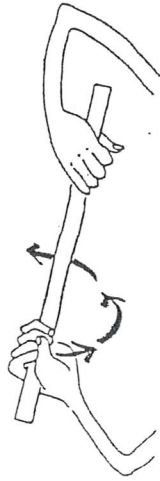
N.B. **Reverse** the
movements to
beginning.



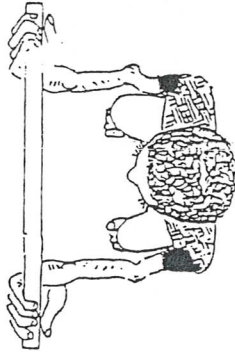
N.B. Follow pictures "clockwise direction"

Foot movements: As tira is raised go up on toes.

EXTENSIONS

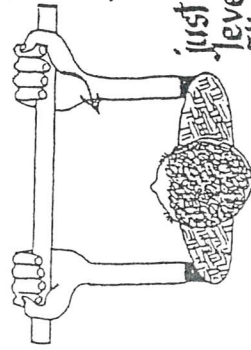
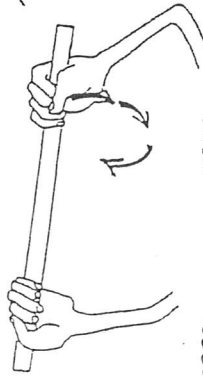


KORIKORI Movement



To lower the fira below the knees

both hands do the "WISSA" movements (as in the pictures)

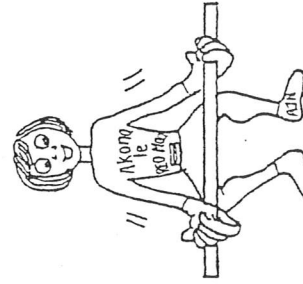
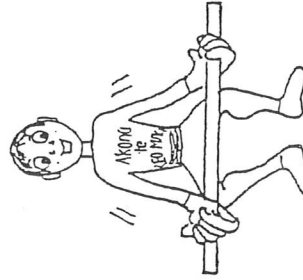


Begin

Fira held just below waist level.

Elbows at sides

downwards



N.B. REVERSE the movements to beginning.

N.B. Follow pictures "clockwise direction"

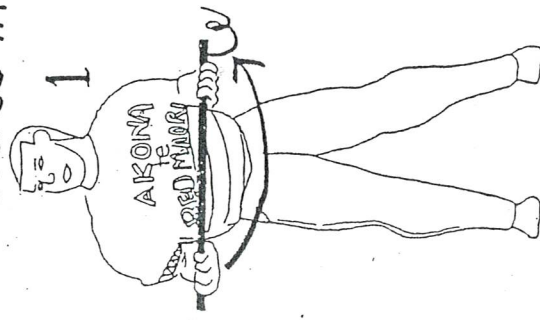
Body movements: Straight back, bend knees.

Side Turn

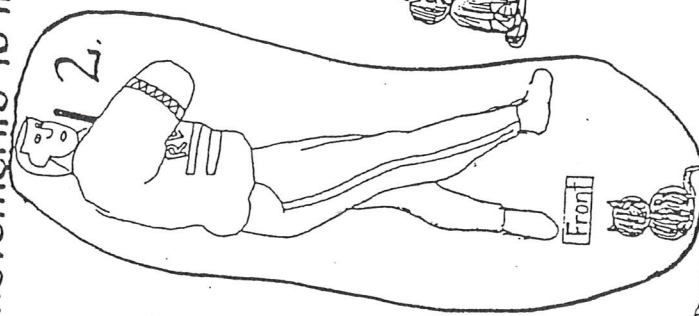
To Turn LEFT

1. Face front holding tira in both hands
(see picture 1)
2. Twist tira with LEFT hand.. and turn to the LEFT by placing RIGHT foot over LEFT foot. Bring tira to LEFT side in upright position.
(see pictures 2+3)

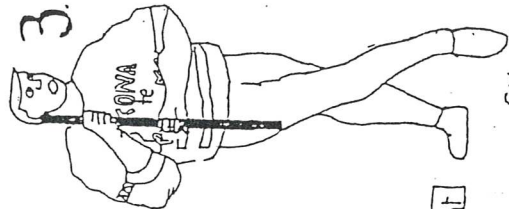
3. Reverse the movements to the beginning.



Front



Front



Front

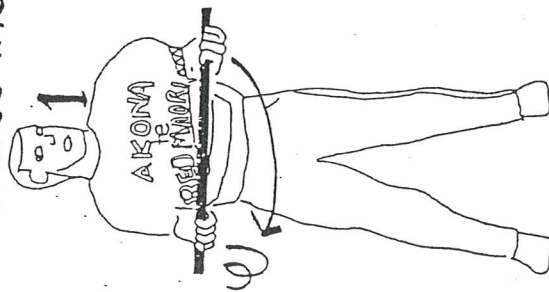


Side view

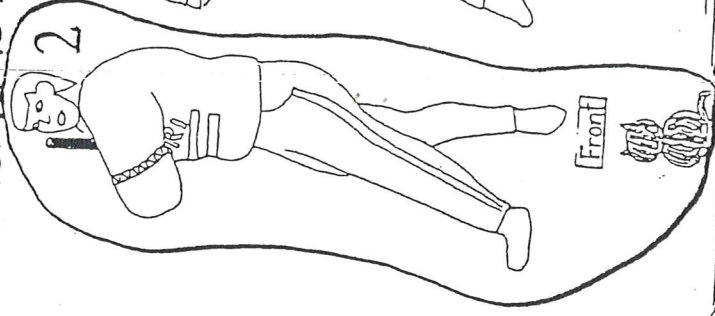
To Turn RIGHT

1. Face front holding tira in both hands
(see picture 1)
2. Twist tira with RIGHT hand.. and turn to the RIGHT by placing LEFT foot over RIGHT foot. Bring tira to RIGHT side in upright position.
(see pictures 2+3)

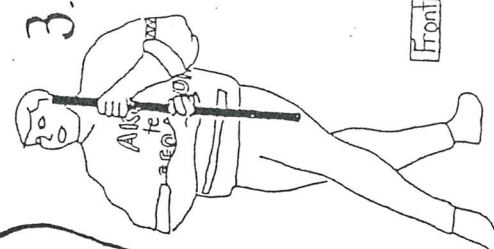
3. Reverse the movements to the beginning.



Front



Front



Front



Side view