



Hālau Ka Ua Tuahine

Dances of Polynesia



STUDY GUIDE



RHYTHMIX CULTURAL WORKS



Dear Teachers and Educators,

Rhythmix is excited to have you and your students join us for the 2022-23 season of **PAL - Performance, Art & Learning**. PAL assemblies are designed to foster awareness of world cultures, stimulate a sense of pride in students' cultural heritage and deepen connections to their communities.

PAL assemblies also serve as a catalyst for arts learning and a springboard for integrating arts education into your classroom.

To help your students gain the most out of each PAL assembly, we suggest that the learning begin before, and continue after, every performance.

Utilizing the resources provided, your students can engage more fully with the performance experience, connecting what they see and hear to their personal lives, culture, community and any school subjects you choose.

Aligning with the **California Arts Standards**, the accompanying study guides and slide sets help foster students' artistic competencies, cultivate their appreciation and understanding of the arts, and support them to fully engage in lifelong arts learning.

At Rhythmix, we believe exposure to the arts can be a transformative experience, helping us to learn about ourselves, each other, and the world.

Thank you for joining us on this journey,

Your PALs at Rhythmix



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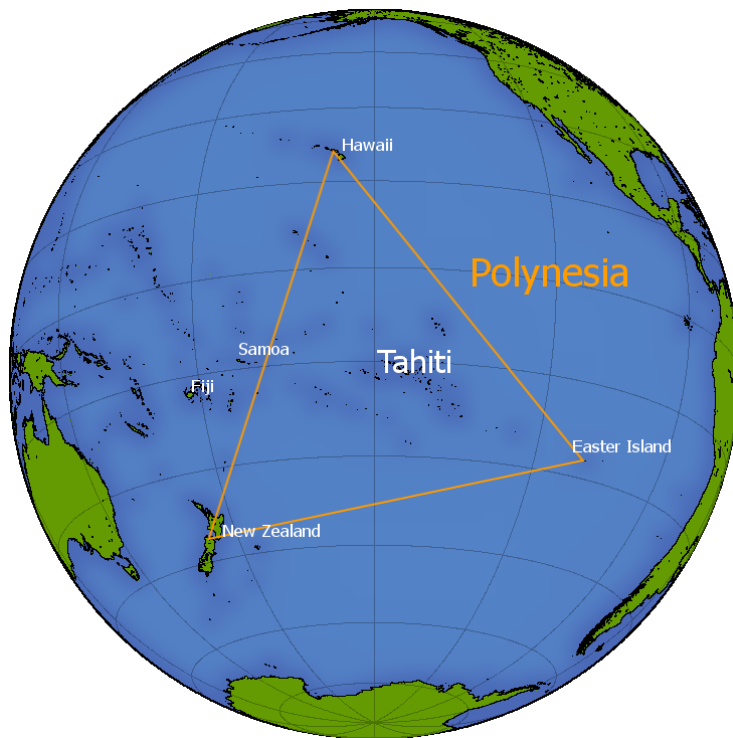


MAHEA UCHIYAMA CENTER FOR INTERNATIONAL

DANCE

About Polynesia

The word “Polynesia” means “many islands”. It is the largest geographic subdivision in the Pacific. The islands of Polynesia fall roughly in a triangular area with Hawai’i being the apex. Aotearoa (New Zealand) is at the southwestern point, and Rapa Nui (Easter Island) is the southeastern point.



Most of these Polynesian islands are the result of ancient volcanic eruptions. There exists a “hot spot” at the floor of the sea, from which lava emanates. As the vast Pacific plate glides over this region, new emissions push through the floor and eventually build up to form landmass above the surface of the ocean. We call these formations “high islands” because they typically extend from the ocean floor to thousands of feet above sea level. They have a varied topography, ample ground water, rich volcanic soil, and hence a great variety of vegetation. As the plate moves on in a Northwesterly direction, the islands move with it. Eventually they will all disappear

through the process of subduction and erosion.

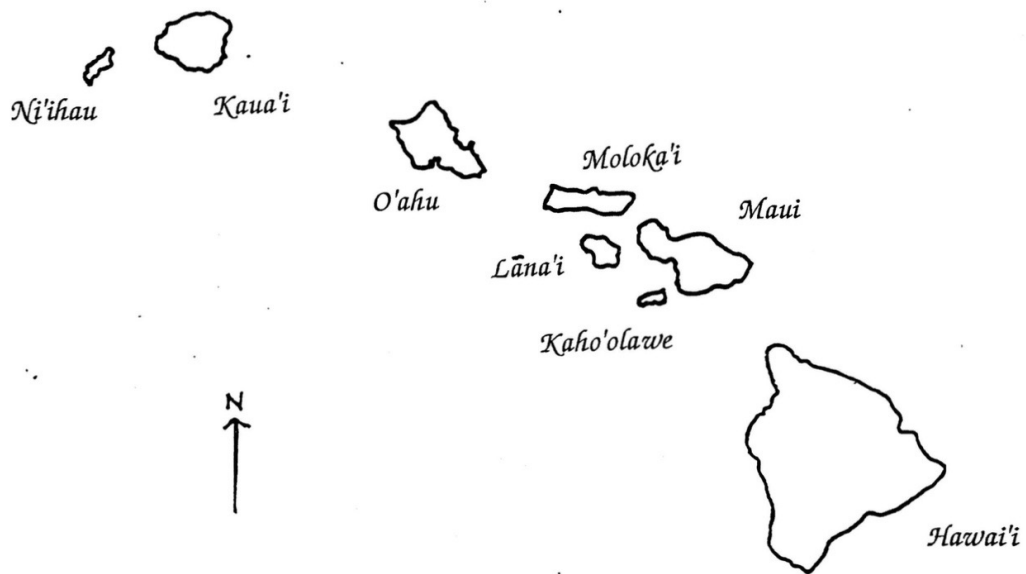
Ancient Hawai’i

Hawai’i is located in the Northern Pacific. They were populated as early as 400 CE by Polynesian explorers from the Marquesas Islands. Subsequent waves from Aotearoa (New Zealand) and Tahiti continued until about 1500 CE.

Hawaiian people developed a highly stratified culture which was built upon an understanding of and intimate relationship with the land, sea and sky. Early Hawaiians considered the low-lands of their islands as the realm of human activity. There, they farmed sugarcane, taro and the sweet potato and breadfruit among other staples. They raised chickens and pigs. They also developed a form of aquaculture (enclosed fishponds). The uplands were considered the realm of the sacred, and was not to be approached unless for the purpose of ceremony.

They understood their environment and their place within it so much so that they had names for the wind, rain and ocean waves for each part of their habitat. They could interpret subtle changes in nature and determine harvesting patterns by observing the phases of the moon.

The Islands of Hawai'i



<u>Island</u>	<u>Nickname</u>	<u>Color</u>	<u>Flower</u>
Hawai'i	Big Isle	Red	'Ohi'a Lehua
Kaho'olawe	-----	Grey	-----
Kaua'i	Garden Isle	Purple	Mokihana
Lāna'i	Pineapple Isle	Orange	Kauna'oa
Maui	Valley Isle	Pink	Lokelani
Moloka'i	Friendly Isle	Green	Kuku'i
Ni'ihau	Forbidden Isle	White	Pupu
O'ahu	Gathering Place	Yellow	'Ilima

The Hula

Dance and Music as a Way of Life



The hula is the national dance of the Hawaiian people. Though it can be thought of as a form of dance accompanied by song, it is more correct to say that the hula is a form of narration accompanied by movement. We simply cannot dance in the absence of a prayer, poem or story. Indeed, the most important element of hula is its narration. Its movements are tied to the words being sung. If there are no words, there can be nothing to interpret. If there is nothing to interpret, there can be no hula. It is this quality that makes the hula unique among so many world dance traditions.

Hālau Hula

A hālau is a hula temple, presided over by a kumu hula (hula teacher, literally “source of dance”). It is a place where hula lifestyle, protocol and skills were taught.

Until the modern era, there was no concept of lessons on demand. Hula disciples were chosen, some at birth, to enter into the hālau. These initiates, called haumāna hula, lived together as a hula family, with the kumu hula as the head. Here, they began their training in dance, song, instrument making, and costuming.

Instruments of the Dance

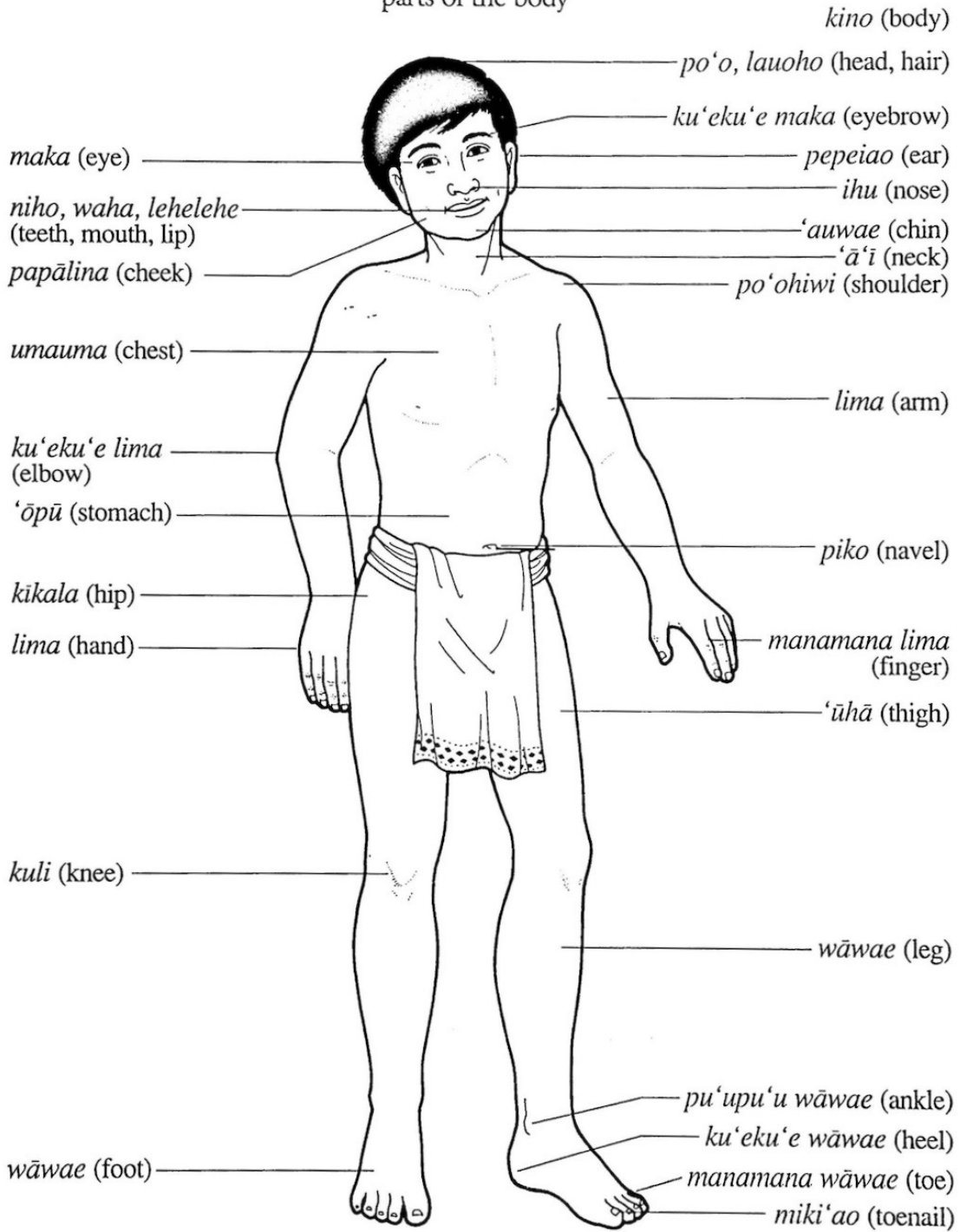
Hawaiian people developed a wide range of musical instruments. Among these are the pū'ili (bamboo rattle), ipu (gourd drum) and 'ulī'ulī (feather gourd rattle).

Western immigrants to Hawai'i brought with them various stringed instruments now commonly used in Hawaiian music, such as the guitar and base. Most notable of these is an instrument brought in by Joao Fernandez, an immigrant from Portugal, known as the "braginho". The Hawaiian people renamed it the 'ukulele, (jumping flea) as a way to describe the strumming and fingering action used to create its music.



Nā Māhele o ke Kino

parts of the body



Let's Learn to Dance The Hula

Basic Footwork

There are many hula steps. Here are a few:

Kaholo - A step done in four counts

1. Extend right foot to the side
 2. The other foot is brought along side
 3. Extend right foot to the side
 4. Tap the left foot at the side of the right foot.
- Repeat on the left

Hela

One foot is placed to the front with the weight on the opposite foot and that knee bent. The foot is then brought back to the original position and the step is repeated with the other foot.

Ami

Rotation of the hips. One per beat

Ami Pōniu

Four right ami done while turning to the left step forward with the right foot. Ami and pivot a quarter of the way around leaving your left foot in place. Repeat three more times to make a complete circle

Kawelu - A step done in 8 counts:

1. With the right foot, step forward
2. **Step** in back
3. forward and then
4. next to the left foot. Tap the left foot.

Repeat on the left

'Ūwehe

One foot is lifted and lowered back to the floor. Both knees are then pushed forward by the quick raising and lowering of the heels.

Lele

Step forward on the right foot, draw the left along side of it and tap. Repeat on the left.

Let's Learn 'Ōlelo Hawai'i

'Ōlelo Hawai'i means Hawaiian language. Understanding the meanings of some Hawaiian words will make it easier to remember the story of the dances you are doing.

There are thirteen letters in the Hawaiian Language. There are five vowels: A E I O U, and eight consonants: H K L M N P W and '. The ' is called 'okina and is the glottal stop. Than ote kahakō (macron) appears over some vowels and indicates that vowel should be pronounced longer than other vowels. Both the 'olina and kahakō are necessary for correct pronunciation. Also, consonants do not occur side by side.

Some vocabulary:

Hula – Dance

Mele – Song

Kāhea – Call

Ho'omākaukau – Get Ready

Lawa – Enough

Maika'i – Good

Maupopo? – Understand?

Noho – Sit

Kū i luna – Stand

Pā – to sound, signal to begin

Mau nīnau – Any questions?

Pehea 'oe - How are you?

A hui hou - Till we meet again

I luna - above

I lalo - below

I mua - forward

I hope - backward

Huli - turn

'Ākau - right

Hema - left

Mai - toward the speaker

Aku - away from the speaker

Kōkua - help

Kāne - man

Wahine - woman

Hana hou - do again

Keiki - Child

'Ae - yes

'A'ole - no

Resource: www.wehewehe.org - online Hawaiian dictionary

'Ori Tahiti



'Ori means Tahitian dance. As in Hawai'i, dance and music are important in the lives of the people.

Tahitian Songs

To Rima e

*To rima e ina ringaringa tāua 'aue au kiri e,
'Aue ine te aroha ia 'aue.*

Give me your hand so that we can be friends,
Love between us.

Hoe Ana

*Napuariki te vaka kōrua
Te tere mai Havaiki e
Ere tuna ia ō nei i Pape'ete roa
Nā te vaka tā'u fenua e tapiri mai
To tātou fenua*

*Hoe ana, hoe ana,
Hoe nā te vaka te vaka nei
Haere mai nā, haere mai nā,
Haere mai e ine ma e.*

Napuariki is our canoe
Which comes from Havaiki
There it is, there at Pape'ete
The canoe is coasting along our land.

Paddle, paddle, paddle the canoe here.
Come, come then.



Commands and Expressions

i mua	forward
i muri	backward
i raro	down
i nia	up
huri	turn
fa'oti	enough
ia'orana	greetings
vahine	woman
tāne	man



Types of Ori

'aparima - dance where the hands interpret a song.

'ōte'a - a dance usually with a large group of dancers, done to the accompaniment of a drum orchestra.

tāmūrē - a casual dance involving no set steps, usually done with a partner.

Steps

There are many steps in Ori Tahiti, and there are different steps for men and women. Here are a few:

Tamo - Side to side movement of the hips. (vahine)

Farapu - A hip circle. (vahine)

Pa'ote - "Scissors like" movement of the legs.

Tahitian Musical Implements



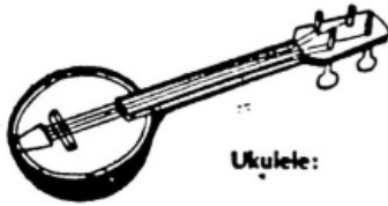
Tita - Guitar:
Introduced by the spaniards in the 1500's and played by the tahitians from the beginning of the missionary era



Ofe tupai - Bambou bass
Bass sound bambou verucally hit against the ground.

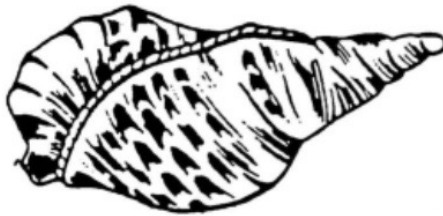


Hue - Calabash

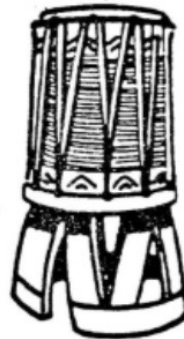


Ukulele:

Introduced by the hawaiiens. The tahitians however quickly changed its appearance into what is also called a banjo ukulele



Fu - Conch shell used by the polynesians to summon the people.



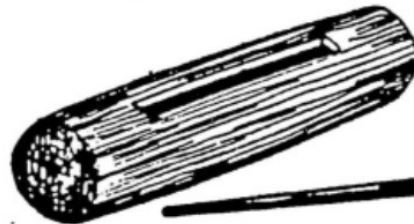
Faatete - Rhythm drum used for a counter beat



Pahu - Bass drum



Vivo - Bamboo flute



Teere - Tahitian wooden log used as a drum



Tihara: Split bamboo, used for a rhythmic sound.



Oro oro - Maracas



Opaa - Coconuts:
Half coconut shells hit together or on the ground.

Coloring Pages

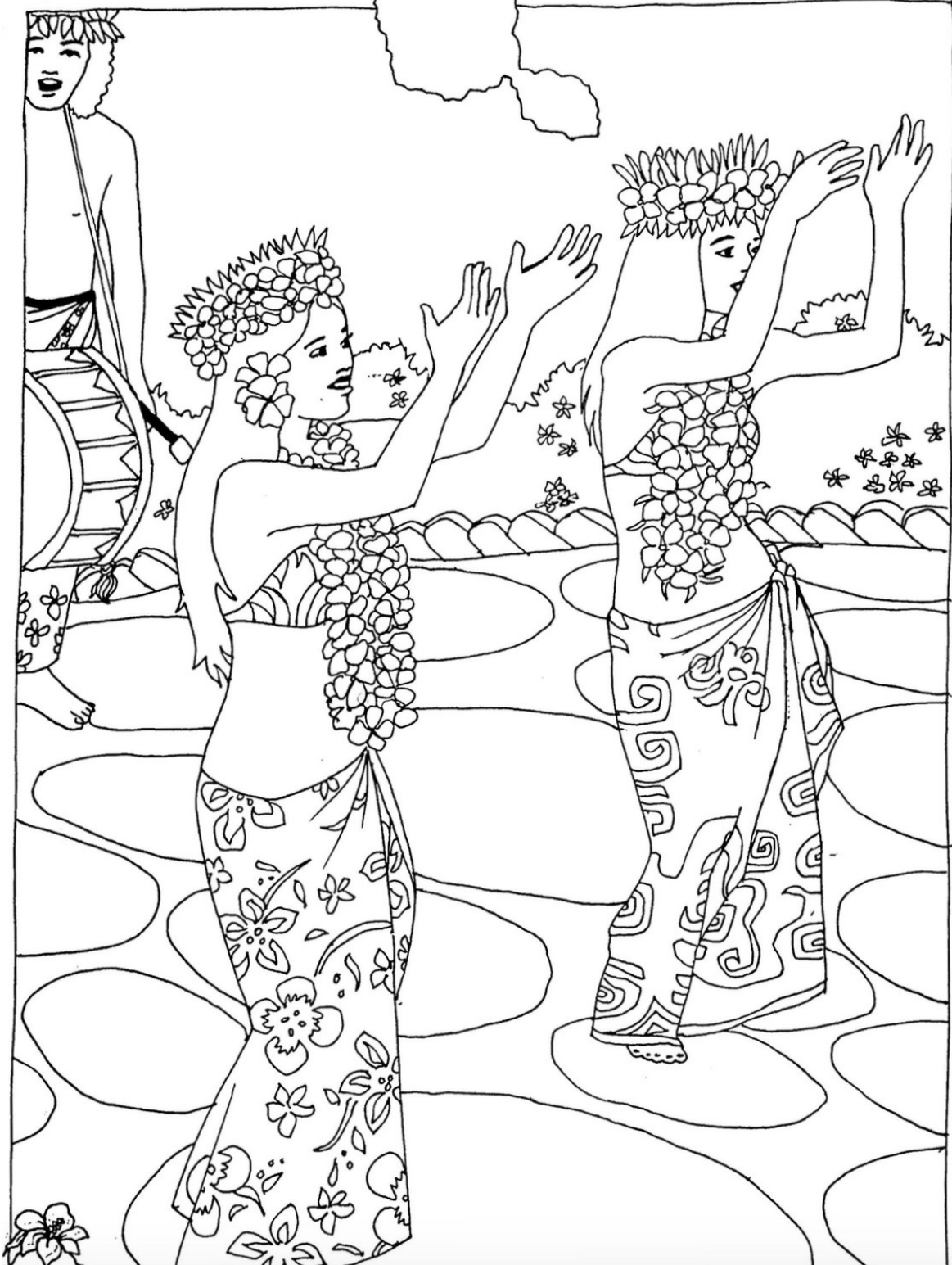


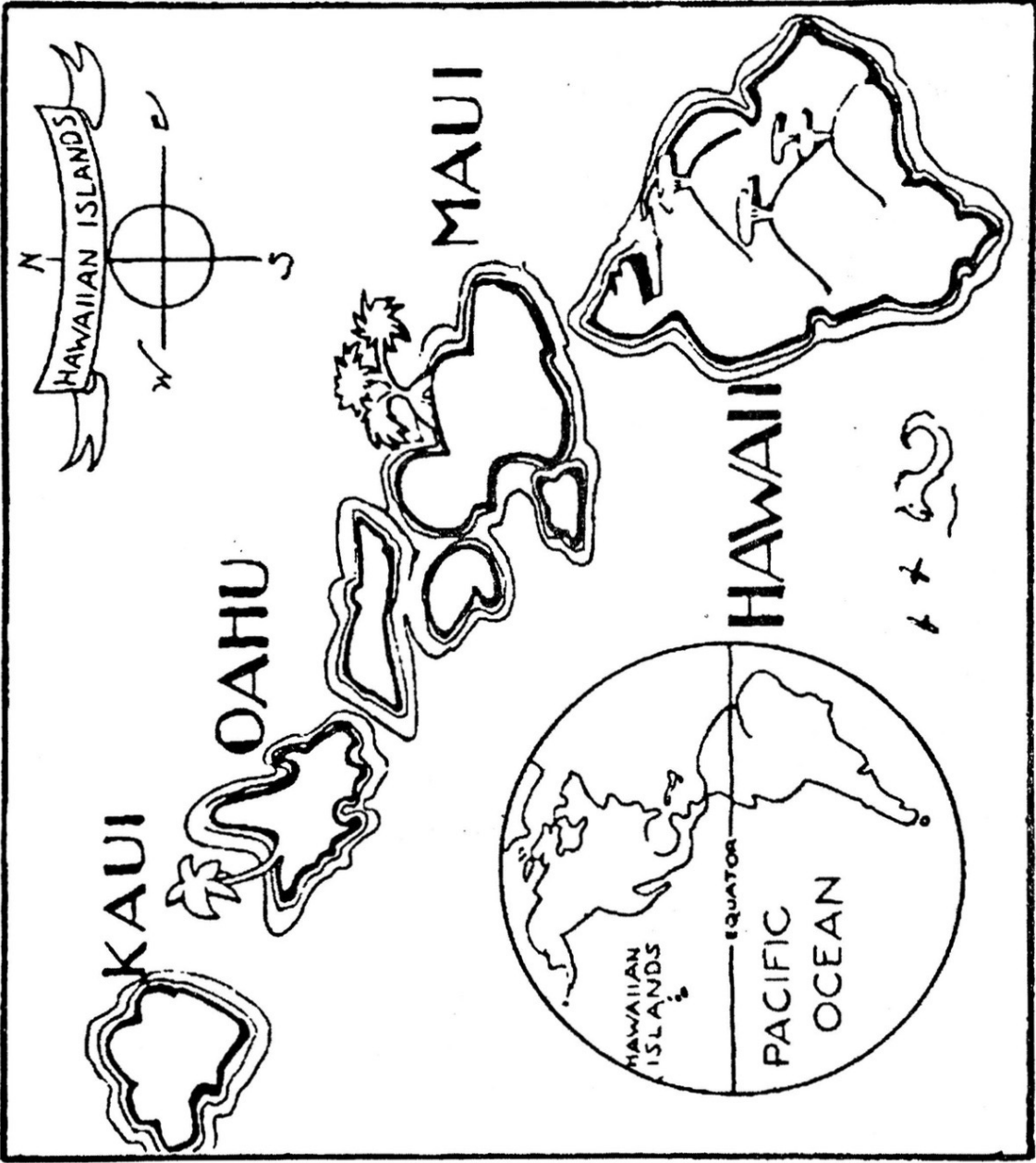


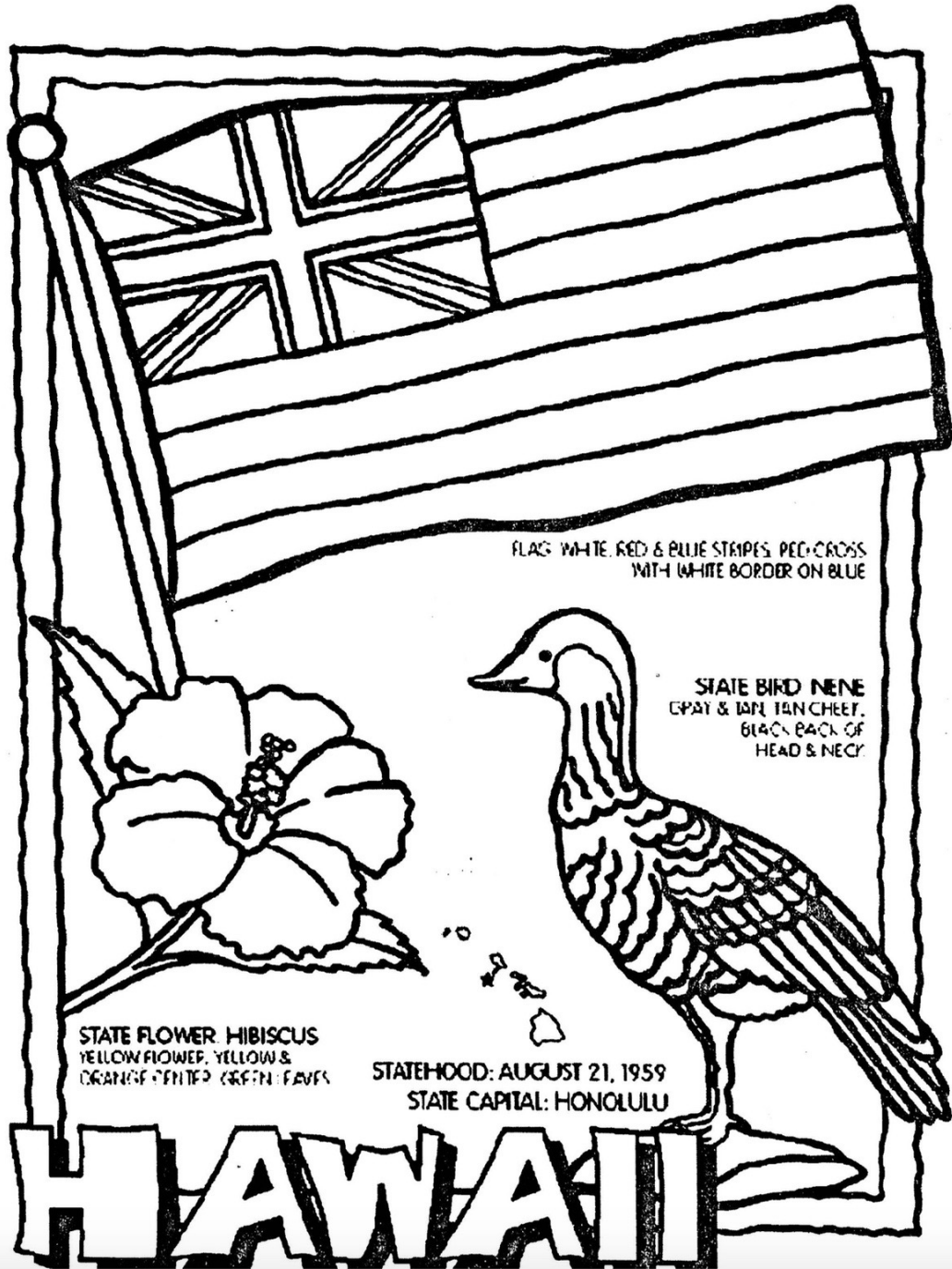


Tahiti

Tahiti-iti







FLAG: WHITE, RED & BLUE STRIPES, RED CROSS WITH WHITE BORDER ON BLUE

STATE BIRD NENE
GRAY & BROWN CHEST,
BLACK BACK OF
HEAD & NECK

STATE FLOWER: HIBISCUS
YELLOW FLOWER, YELLOW &
ORANGE CENTERED GREEN LEAVES

STATEHOOD: AUGUST 21, 1959
STATE CAPITAL: HONOLULU

HAWAII







Thank You!

Thank you for joining Rhythmix Cultural Works and Hālau Ka Ua Tuahine.
We look forward to seeing you next time!



Hālau Ka Ua Tuahine. Photo by Danny Tan.

For more info about Rhythmix, please visit: www.rhythmix.org



About Rhythmix Cultural Works

Rhythmix Cultural Works brings people of all ages together to experience and explore music, dance, visual art and educational opportunities. The organization seeks to build community by inspiring engagement in the arts as a way to learn about each other and the world. With a strong commitment to provide programming relevant to the local population, Rhythmix strives to promote cultural awareness, encourage participation in the arts, and support local artists in the presentation of their work.

Since Rhythmix opened its doors in 2007, the community-based arts facility has built its reputation through the artistic excellence and cultural depth of its programming. To date, more than 150,000 people have engaged in arts experiences, attending high-quality performances of world music, dance, theater, exhibits and community events, as well as enrolling in classes for youth and adults in the arts, crafts, and movement-based practices from other cultures.

About PAL - Performance, Art & Learning

Rhythmix Cultural Works believes that exposure to the arts can be a transformative experience and a catalyst for cultural celebration. In support of this vision, Rhythmix developed PAL as an assembly-based youth arts education program in collaboration with the Alameda Unified School District. PAL fosters awareness of world cultures and empowers underserved youth through exposure to educational music and dance performances.

After two years of presenting PAL virtually in response to the pandemic, Rhythmix is excited to host PAL live again in its theater for the 2022-23 school year, with virtual in Alameda County. Thanks to the belief in the power of arts education and generous support from our funders and sponsors, PAL has served over 50,000 students since it launched in 2012.



Thanks to our PAL Funders and Partners

RADIUM



Robert L. Lippert
Foundation



Laurel
Scheinman

Lauren & Joshua
Cook

Shuler-Heimbürger
Family Fund

and supporters like YOU!

This study guide was written and developed by Hālau Ka Ua Tuahine with additional design modifications by Rhythmix Cultural Works.

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