

Mokonui

Te tā i tētahi Moko-upoko-puhi

Me whai koe i ēnei taputapu:

He pepa
He pene rākau
He pene tae
He pene pango
He rūri
He muku

1. Tāngia he rārangi ārahi ki te whārangi
2. Me tīmata ki te tinana. Kia rite ki te porohema te āhua
3. Tāngia tana ūpoko ki te pito o runga (o te pīni)
4. Āpititia tana whiore ki te pito o raro (o te pīni)
5. Tāngia ana waewae e rua, ā, mukua ngā rārangi kiwikiwi (i waenganui)
6. Tāngia hoki ngā ringa
7. Tāngia hoki te whatu, tana ihu, tana ngutu, me tana tuahiwi
8. Tāngia ngā koikara ki ngā waewae
9. Tāngia he tapatoru ki tōna tinana, tōna tuahiwi, ōna waewae, me tōna kakī
10. Tāngia he maunga, he rākau, he rarauhe anō hoki hei papamuri
11. Tāwhaitia ngā rārangi i tuhia ki te penerākau me te pene pango
12. Kaurukutia tō pikitia

