

# Horoia ō ringa ringa kia noho ora ai

**Tahi**

Horoia ō  
ringaringa  
i mua  
i te kai

**Rua**

I ngā wā  
horoia,  
uhia  
katoangia ō  
ringaringa  
e te hopi  
me  
te wai

**Toru**

Horoia ō  
ringaringa,  
a muri  
mai i te  
haerenga  
ki te whare  
paku

**Whā**

Tiakina  
pai ngā  
matimati a ō  
ringaringa,  
kia mā tonu  
kia kore  
ai e tupu  
roroa rawa

**Rima**

Horoia ō  
ringaringa,  
a muri  
mai i te  
tākaro i  
waho

**Ngā  
tohutohu  
matua  
e rima,  
kia mā  
tonu ngā  
ringaringa**

