

RĀRANGI ARO PŌTAE MĀRŌ ME NGĀ TAPUTAPU

Aro ki tō pōtae mārō, ō kākahu,
ō rama hoki i mua i te eke paihikara

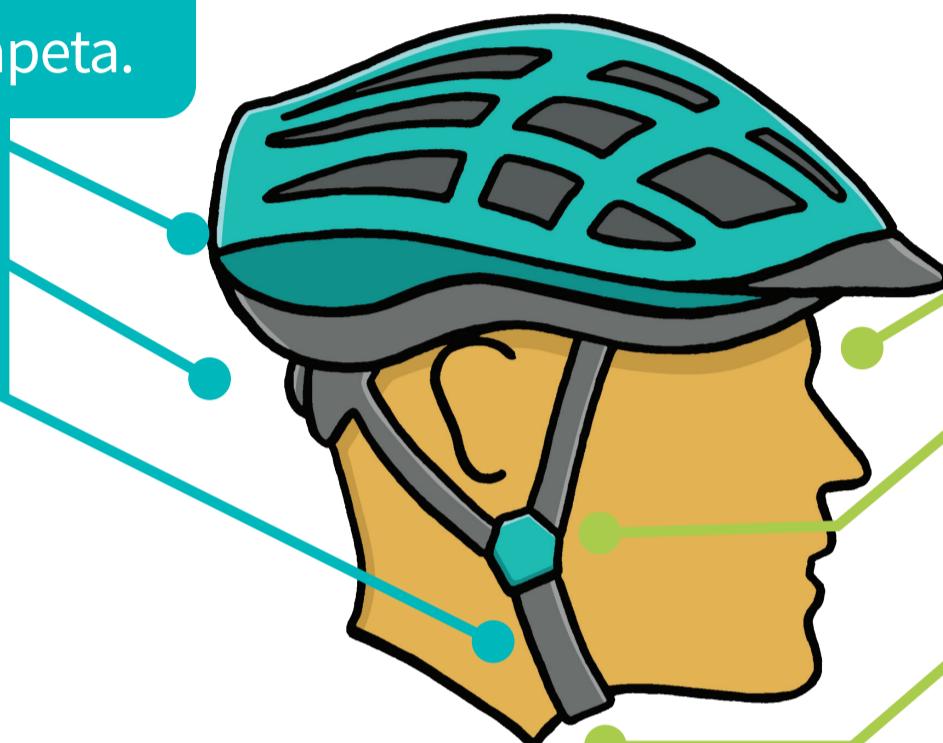
Āta tirohia tō
angaanga, kirihou
kōmāmā, ū aho
hoki kei petapeta.

Meatia te 2-4-1
e tika ai tō mau
pōtae mārō:

2 ngā matimati ki waenga i tō pōtae me ū tukemata.

4 ngā matimati kia niho taniwha te āhua o ngā aho ki tō ngā taringa taha.

1 (kia 2 rānei) te matimati ki waenga i te here me tō kauae.



Āta tirohia he
tohu haumaru
tā tō pōtae mārō.



AROTAKE KĀKAHU

- Arotakengia kāore he kaka, he aho hū tāwēwē rānei.
- Mā ngā TAE MUMURA koe e kite i te ao. Ngā MEA PŪRAMA, WHAKAATA e pai ake i te pō
- Uhia ū matiwae ki ngā HŪ.

MEATIA NGĀ RAMA I TE PŌ, TĒ TAEA RĀNEI TE KITE

- Kia kotahi, kia tini rānei ngā rama whero e kitea ana i te 200m.
- Kia kotahi, kia tini rānei ngā rama mā e kitea ana i te 200m.
- Kotahi noa o ia rama e pai ana kia kōhikotia
- Me whai whakaata ki ia taha o ngā pētara
- Kotahi te whakaata whero mō muri (e kitea ana i te 200m).

