Title	**Demonstrate knowledge of, and perform, torotoro tinana**		
Level	**1**	**Credits**	**5**

Purpose	People credited with this unit standard are able to demonstrate knowledge of tikanga practises associated with torotoro tinana and perform torotoro tinana.

Classification	Mau Rākau > Te Mau Rākau

Available grade	Achieved, Merit, and Excellence

Criteria for Merit	Demonstrate in-depth knowledge of torotoro tinana.

Criteria for Excellence	Demonstrate comprehensive knowledge of torotoro tinana.

Guidance Information

1 This unit standard is intended for learners of mau rākau. Assessment will take place in a learning situation.

2 Assessment of skills may occur in individual or group settings, but each candidate must demonstrate individual competence.

3 Assessment against this unit standard must be made in accordance with iwi tradition and iwi variation: the style and ture of mau rākau uniquely specific to an iwi or Whare Tū Taua.

4 This unit standard is intended to assess essential knowledge and skills required to ensure the survival of mau rākau. This standard covers the core features of: *torotoro tinana* – developmental exercises (such as balance conditioning exercises, foot movements, cardio-vascular, cardio-aerobic, anaerobic, and aerobic exercises) used in the discipline of mau rākau to develop strength, endurance, flexibility, and agility.

5 *Demonstrate in-depth knowledge of torotoro tinana* will be evidenced through:
- explaining in-depth the tikanga practices associated with torotoro tinana in accordance with iwi tradition or a specific Whare Tū Taua
  - kua iho roa (kua marama) ki ngā tikanga ā-iwi e pā ana ki ngā torotoro tinana.
  - kua iho roa te whakamārama i ngā tikanga ā-iwi, ā-whare rānei e pā ana ki ngā torotoro tinana (identifying specific iwi or whare tikanga relevant to torotoro tinana).
- demonstrating torotoro tinana with purpose

© New Zealand Qualifications Authority 2026

- kua iho roa ki ngā pūkenga me ngā ture o ngā momo tūwaewae ā-iwi, ā-whare rānei (demonstrating the iwi or Whare Tū Taua specific movements with confidence).
- kua iho roa ki ngā mātauranga ā-iwi, a Whare rānei mō ngā momo torotoro tinana (describing specific iwi or whare features of each torotoro tinana).
- kua hāngai te mahi ā-hinengaro, ā-tinana, ā-waewae ki ngā torotoro tinana, ā, kua tika te tū (demonstrating deliberate movements and appropriate actions, which are relevant to each torotoro tinana).

6 *Demonstrate comprehensive knowledge of torotoro tinana* will be evidenced through:

- comprehensively explaining the tikanga practices associated with torotoro tinana in accordance with iwi tradition or a specific Whare Tū Taua
  - kua iho matua (kua matatau) ki ngā tikanga ā-iwi, ā-whare rānei e pā ana ki ngā torotoro tinana.
  - kua iho matua te whakamārama i ngā tikanga ā-iwi, ā-whare rānei e pā ana ki ngā torotoro tinana (identifying and explaining tikanga relevant to torotoro tinana unique to iwi or Whare Tū Taua).
- demonstrating tūwaewae with accuracy and confidence
  - kua iho matua ki ngā ki ngā pūkenga me ngā ture mō ngā torotoro tinana ā-iwi, ā-whare rānei (demonstrating the iwi or Whare Tū Taua specific movements with fluency).
  - kua iho matua ki ngā mātauranga ā-iwi, ā-whare rānei e pā ana ki ngā torotoro tinana (describing the significance of iwi or Whare specific features of torotoro tinana).
  - kua mataara te pia, ā, kua hāngai te mahi ā-hinengaro, ā-tinana, ā-waewae ki te torotoro tinana, ā, kua puta mai te wairua o te ngākaunui ki āna mahi (an attentive and spontaneous demonstration with deliberate and focused movements and appropriate actions, which are relevant to torotoro tinana).

7 Glossary

Agility – physical agility refers to the ability to exhibit physical quickness and dexterity; mental agility refers to the ability to remain mentally alert.
Demonstration (of skills) refers to the directed presentation of torotoro tinana skills before an assessor.
Endurance refers to the ability to maintain composure and complete the exercise.
Flexibility and posture refer to the appropriate stance and positioning of the body in relation to the exercises being carried out.
Ngā tohutohu, ngā whakamārama refers to the instructions and explanations given to students of Mau Rākau in preparation for torotoro tinana.
Iho Matua – Kua tāhūhū te hono o ngā whakaaro ki tōna whare. Kua matatau.
Iho roa – Ko te awa e rere ai e kitea te hono o tō pito mai i tō whare ki te waharoa. (Kia mārama ki tō marae-ātea, ki tō pepeha).
Whakarite torotoro tinana refers to the preparation and execution of torotoro tinana, and may include ngā tohutohu, ngā whakamārama.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of tikanga practises associated with torotoro tinana.

© New Zealand Qualifications Authority 2026

Performance criteria

1.1 Demonstration includes an explanation of the tikanga practices associated with torotoro tinana according to iwi tradition or a specific Whare Tū Taua.

Range may include but is not limited to – karakia, whakataukī, whakatauākī, haka, pao, pūrākau;
evidence of three tikanga associated specifically with torotoro tinana is required.

Outcome 2

Perform torotoro tinana.

Range torotoro tinana may include but is not limited to – omaoma haere, pekepeke haere, stretches, endurance activities;
evidence of at least three is required.

Performance criteria

2.1 Performance of torotoro tinana incorporates one iwi or Whare Tū Taua variation with regard to movement.

2.2 Performance shows an awareness of physical skills important to mau rākau.

Range includes but is not limited to – endurance, flexibility, posture, agility.

2.3 Performance incorporates iwi or whare variation with regards to whakarite torotoro tinana.

Planned review date	31 December 2030

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 November 2011	31 December 2016
Review	2	19 November 2015	31 December 2021
Review	3	10 December 2020	31 December 2028
Review	4	28 May 2026	N/A

Consent and Moderation Requirements (CMR) reference	0226

This CMR can be accessed at http://www.nzqa.govt.nz/framework/search/index.do.

© New Zealand Qualifications Authority 2026

Comments on this unit standard

Please contact the NZQA Māori Qualification Services mqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.

© New Zealand Qualifications Authority 2026