

# Nā Mākau hula



Ulu ka 'ike ma ka hula:

- Ka 'Ōlelo Hawai'i
- Ka Pilina 'Āina
- Ke Oli
- Ka Mo'okalaleo a me ka Mo'olelo
- Ka Mō'aukala a me ka Mo'okū'auhau
- Ka Hana Lei
- Ka Hana Mea Hula
- Ka Hana 'A'ahu Hula
- Ka Meakanu, ka

...A ulu pū ka 'ike o ke kanaka nona iho!!!

*"O ke ola o nā mo'olelo ma ka hula a me ke oli ka mea i ulu ai ko'u 'ike no'u iho, no nā ha'awina o ke ola, a no nā hihia o ka nohona i kupu mua mai. 'O ka ha'awina i ahuwale mai, he nani ke kūpa'a, 'o ka 'imi i ka ho'oikaika iho, a me ka lanakila ma luna o nā ālaina o ke ola" - na kekahi haumāna i pā mua i ka lā'au 'ino {Unuhi 'ia mai ka 'Ōlelo Pelekania}*

## Nā Kumu Waiwai Hula

- [mele.com/halau-hula/](http://mele.com/halau-hula/)
- [kaahelehawaii.com/recommended-books-about-hawaii/hula-study-resources/](http://kaahelehawaii.com/recommended-books-about-hawaii/hula-study-resources/)
- [hawaiianmusichistory.com/hula/](http://hawaiianmusichistory.com/hula/)
- [hulapreservation.org/archive/online-resources/](http://hulapreservation.org/archive/online-resources/)
- [hawaii.hawaii.edu/hawaii-life-styles](http://hawaii.hawaii.edu/hawaii-life-styles)

## Ka Papa Kūmole

He leo mahalo kēia iā Kumu Malina Kaulukukui a me kāna po'e haumāna

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Wing RR, Jeffery RW. Benefits of recruiting participants with friends and increasing social support for weight loss and maintenance. *J Consult Clin Psychol*. 1999;67(1):132-138.

Nacapoy AH, Kaholokula JK, West MR, Dillard AY, Leake A, Kekauoha PK. Partnerships to address obesity disparities in Hawai'i: the PILI 'Ohana Project. *Hawaii Med J*. 2008;67(9):237-241.

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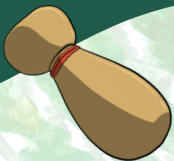
# He Ho'ōla Ka Hula

'O ka hula ka mea e mau ai ka 'ike o nā kūpuna ma ka 'oni a ke kino, ke oli, ka mo'olelo, a me ke mele a he pili nō i ke olakino a me ka 'uhane o ke kanaka.



# He Ho'ōla Ka hula

'O ia mea he ola a mauili ola nō paha, he kaualewa o ka na'au, ka mana'o, ke kino, a me ka 'uhane.



'O ke a'o i ka hula, he ho'opili i ke kino, ka no'ono'o, ka 'uhane, a me ka na'au a he ho'oikaika i ka pilina launa. A'o 'ia ka mana'o, ka mo'olelo, a me ke kaona o ke mele, he mau mea ia e ho'oikaika ana i ka no'ono'o a me ka 'uhane o ke kanaka a he ho'oikaika pū i ke kino.

## Ka Pāheona Ho'ōla

'O ka hula he pāheona ho'ōla ia e kōkua ana i ke kanaka a lanakila 'o ia ma luna o ka hihia o ka no'ono'o a pēlā pū ka hei i ka lā'au 'ino ma ka ho'opa'a hou 'ana i ke kahua a pa'a. He ki'ina kūpale ia ma ka ho'oikaika 'ana, 'o ke a'o i ka hula a me ka ho'opa'a 'ana i ka mo'olelo a lilo ke kanaka he mea e ola ai ia 'ike.

# Pehea e ola ai ke kanaka ma ka hula?

He mau 'ōlelo puana'i kēia na ka po'e i 'oko'a ka mo'okū'auhau hula a me ke kuana'ike

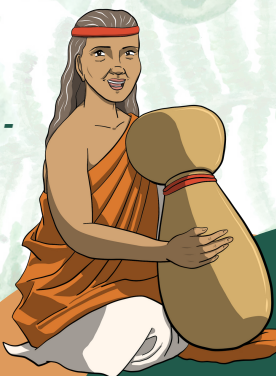
*'Ike 'ia he pilina ma waena o ka hula a me ke olakino ma nā 'ao'ao like 'ole, 'a'ole 'o ke ola o ke kino wale nō, 'o ke ola o ka no'ono'o a me ka na'au, ke ola o ka 'uhane; 'a'ole nui nā hana penei ma waho o ka hula" - na kekahi kumu hula {Unuhi 'ia mai ka 'Ōlelo Pelekania}*

*“O ka ho'i i ka hula, he mea e pa'a hou ai ko'u kahua.*

*Ke hula au, 'a'ohe mea hou aku. He māhele nui o ko'u ola, 'o ke aloha 'ana ia'u iho. - na kekahi haumāna*

*{Unuhi 'ia mai ka 'Ōlelo Pelekania}*

*“A'oa'o au i ka'u po'e haumāna, e 'ike mua i ka ha'awina o ko lākou na'au iho - 'o ke kūpa'a mau i ka 'oia'i'o, 'o ka 'ike i ka ha'awina o ko'u na'au, 'o ia ka mea nui. A pa'a ia, he ola mai koe. - na Kumu Malina Kaulukukui {Unuhi 'ia mai ka 'Ōlelo Pelekania}*



# Ka waiwai o ka hula



- Ka pilina
  - Ma waena o nā 'ōlapa a me ke kumu hula
  - Ke Ka'ao (ka mo'olelo & ka mo'okalaleo)
  - Ka 'Ike Ku'una
  - Ka Pili 'Uthane
- Ka ho'omohala 'ana i ke kaiapuni ho'ōla a kākō'o
- Ka waiho 'ana i nā hihia i waho
  - komo piha me ka ma'ema'e
- Ke a'o i ka mo'okū'auhau
- Ka ho'oikaika 'ana iho
- Ka lanakila ma luna o nā mea e ālai ana i ka holomua
- Ka ho'ōla i ka wailua (ka 'uhane)

*“O ka hula, 'a'ole ia he hula wale nō, he mau 'ao'ao kona.”*