

Hula

(Hawaii)

The hula is a proud dance using the hands to tell the story, the hips and feet to keep the rhythm, and the face to convey mood and emotion.

Types of Hula

There are two types or styles of hula in existence today:

Hula Kahiko (Kah-HEE-ko)—or Ancient Hula—has enjoyed a great rebirth in the past few years. It is a faster, more vigorous style of hula in which the dancers are accompanied by a strong, percussive beat and chanting. Its origins are basically "pre-missionary" and it uses only native implements and the Hawaiian language, with minimal European influence on the music or steps.

Hula `Auana or Auwana (ow-AH-nah)-the modern, familiar and graceful dance of Hawaii today-employs both native implements and European musical instruments such as the ukulele, guitar, and steel guitar. Words are both English and Hawaiian or a combination of the two.

Hula for Men and Boys

Men have always danced the hula and were among the first Kumu Hula, or Hula Masters. Male dancers were trained with the female, although there are many hulas that are suitable in style and content for men specifically. Footsteps are the same for both men and women, though men's hand motions do not have the soft and graceful undulation that women and girls use.

Hula Implements

The following information on hula implements is provided for the teacher's general knowledge. As most of these implements are not readily available in the mainland, we will not go into great detail on their usage at this time. Perhaps that would be a good subject for later, more advanced hula manual and videotape.

Ipu (EE-poo)	A large, hollow gourd held by the neck in the left hand and hit with the heel and fingers of the right hand to produce a resonant, drum-like sound.
Uli-Uli (oo-LEE oo-LEE)	A small gourd or coconut partially filled with canna seeds that make a "rattle" sound when shaken. It is held by a handle and covered with a feathered, circular top usually of red and yellow or natural brown feathers.
Pu-Ili (poo-EE-lee)	A section of bamboo stalk that has been split into narrow strips. When struck on the body or against each other, it produces a pleasant, rustling sound.
Kala'Au (kah-lah-OW)	Sticks made of ohia or Kauila wood about 12" long that are struck together to produce a sharp, staccato sound.
Ili-Ili (EE-lee EE-lee)	Four smooth, oval stones, often of volcanic rock, that are held two in each hand. When clicked together, they sound similar to the noise made by Spanish castanets.
Ipu Heke (EE-poo HEH-keh)	A double ipu is created by gluing two smaller ipus together. It is used in ancient hula and is played by the chanter, who sits and strikes it with the hand and on the ground.
Tiger Cowries	Shells.

Wawae Hula (Dance Steps)

Ami Kahela	Rotation of the hips, one rotation per beat.
Ami Kuku	Same as the ami except that the revolutions are small, faster, and in groups of three.
Hela	One ft is placed at about a 45-degree angle to the front, with the wt on the opposite hip and with that knee bent. The ft is then returned to the original position and the step is repeated with the other ft.
Kaholo	Extend one ft to the side. Bring the other along side. (Step, together, step touch) Repeat with other ft in opposite direction.
Kaholo Huli	To execute the above step while turning in a circle-if initiating the kaholo with the R ft, the turn will be toward the R.
Kaholo Swing	To execute the Kaholo to the R or L with 1/4 or 1/2 turn.
Lele	Step fwd on R ft (ct 1); tap ball of L ft next to R ft (ct 2); step fwd on L (ct 3); tap ball of R ft next to L ft (ct 4). Variations: Step Tap bkwd or walk "around the island." Can also be done with no tap.
Olapa	With wt on L, R ft moves to the side (ct 1); R ft moves to the front (ct 2); R ft moves together next to L (ct 3); Uwehe (ct 4). Step is then repeated using the L ft. Occasionally the entire step is done in reverse by moving the ft to the front first, then side, together, and Uwehe.
Uwehe	One ft is lifted with wt shifting to the opp hip as the ft is lowered. Both knees are then pushed fwd by the quick raising of the heels with continued swaying of the hips from side to side.
Ka'o	Side to side hip sway. Feet-step right, touch left and reverse.
Kawelu	Step forward with one foot while the other is stationary (lifting the stationary foot off the heel slightly, shifting the weight (hips) accordingly. R, L, R, touch L. also known as the kalakaua step because the step is used to begin the hula dedicated to King Kalakaua. Can also be done traveling.

Tahitian basic steps

Kapa	Step-push, same hip. Side-to-side movement, same hip as leg.
Ohuri	(One direction only). Hip circle, accent on back 1/2.
'Otu'I	Any pattern of uneven kapa.

Tahitian Implement

II's	Hand-held tassels.
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