

Ako I eenei whakatauki kaatahi hopu ai maa te riipene, aa, tonono mai ki a Whaea.

He nui ngā kai kei runga i a Moehau, me he tangata koe whai mai

There is an abundance of food on Moehau maunga
if you are a person who is prepared to seek it.

Toko Renata Te Taniwha Wai 100

The inference is about the value of applying effort to survive.

Mai Matakana ki Matakana

From Matakana (Island in the South)
to Matakana (Estuary in the North).

Unknown

The reference is to the northern and southern boundaries of Hauraki, which in this saying is from Matakana Island (in the South near Tauranga) to Matakana Estuary (in the North near Warkworth). Within these two locations the tribes of Hauraki acquired land through conquest. In many areas the ahi kā of Hauraki remains.

Mai Mahurangi ki Ngā Kurī a Whārei.

From the the Mahurangi estuary (Matakana) in the North to
the sunken rocks (Ngā Kurī a Whārei) off Waihi Beach.

Kōrero tāwhito o te marae/Turoa p.35

Tuhia i konei te whakatauki pai rawa atu ki a koe: