

THE STANDARD PROCEDURE OF PERFORMING A 2 RAKAAT SALAAH

A COMPLETE GUIDE BY



www.themufti.com



mufti@themufti.com



[@themuftidotcom](https://www.instagram.com/themufti)

Part 1 - Males

1ST RAKAAT OF A 2 RAKAAT FARDH, SUNNAH & NAFL SALAAH

In The Standing Posture Of Salaah

FARDH

1

Commence the Salaah in the standing posture (Qiyaam) and by reciting Takbeer.



WAAJIB



Use the words "Allahu Akbar" specifically to commence the Salaah.

2

SUNNAH

3

Raise both hands and fingers with the palms facing the Qiblah up to the earlobes without tilting the head at the time of reciting the Takbeer.



SUNNAH



Place the right hand over the left hand below the navel.

4

SUNNAH

5

Keep both feet spread from each other to the extent of four fingers.



SUNNAH



Recite Thana' (Subhaanakallah-Hummaa-till the end), Ta'awwuz (Aoozoobillaahi Minashhay Thanirrajeen) and Tasmiyah (Bismillaahir Rahmaanir Raheem).

6

WAAJIB

7

Recite Surah Faatiha.



SUNNAH



Recite Ameen after reciting Surah Faatiha.

8

WAAJIB

9

Recite a Surah or three short verses from the Quran.



Part 2 – Males

SUNNAH

1

Recite the Takbeer to perform the Ruku' of Salaah.



In the Standing & Bowing Posture of Salaah

FARDH

Perform the Ruku' of Salaah.

2



SUNNAH

3

In the Ruku' posture of Salaah, a man should grasp both knees with both hands whilst keeping the knees straight and the head and back at the same level.



SUNNAH

Recite the Tasbeehs in Ruku' (Subhaana Rabbiyal Azeem) thrice.

4



SUNNAH

5

Recite the Tasmee' (Sami-Allahu-Liman-Hamidah) to stand up.



WAAJIB

Stand up after performing Ruku' (Qawmah).

6



SUNNAH

7

Recite the Tahmeed (Rabbana Lakal Hamd) after standing up (Qawmah).



Part 3 – Males

SUNNAH

1

Recite the Takbeer to perform the Sajdah of Salaah.



In the Standing & Prostrating Postures of Salaah

FARDH

Perform the first Sajdah of Salaah.

2



SUNNAH

3

When going into the Sajdah posture of Salaah, place both knees, then both hands followed by placing the face between both hands with the fingers facing towards the Qiblah.



SUNNAH

Whilst in the Sajdah posture of Salaah, a man should keep his arms away from his sides above the ground and his stomach away from his thighs.

4



SUNNAH

5

Recite the Tasbeehs in Sajdah (Subhaana Rabbiyal A'laa) thrice.



SUNNAH

Recite the Takbeer to sit between the two Sajdah postures of Salaah.

6



SUNNAH

7

When coming up from Sajdah, lift the face, then both hands.



WAAJIB

Sit between the two Sajdah postures of Salaah (Jalsah).

8



SUNNAH

9

In the sitting posture (Jalsah) of Salaah, a man should place both hands on his thighs and sit on his left foot horizontally whilst raising his right foot vertically with his toes facing towards the Qiblah.



SUNNAH

Recite the Takbeer to perform the second Sajdah of Salaah.

10



FARDH

11

Perform the second Sajdah of Salaah.



Part 4 – Males

2ND RAKAAT OF A 2 RAKAAT FARDH, SUNNAH & NAFL SALAAH

SUNNAH

1

Recite the Takbeer to rise up in the standing posture (Qiyaam) of Salaah by lifting the face, then both hands followed by both knees.



In the Standing Posture of Salaah

FARDH

Rise up to the standing posture (Qiyaam) of Salaah.

2



SUNNAH

3

Place the right hand over the left hand below the navel.



SUNNAH

Keep both feet spread from each other to the extent of four fingers.

4



SUNNAH

5

Recite Tasmiyah (Bismillaahir Rahmaanir Raheem).



WAAJIB

Recite Surah Faatiha.

6



SUNNAH

7

Recite Ameen after reciting Surah Faatiha.



WAAJIB

Recite a Surah or three short verses from the Quran.

8



Part 5 – Males

SUNNAH

1

Recite the Takbeer to perform the Ruku' of Salaah.



In the Standing & Bowing Posture of Salaah

FARDH

Perform the Ruku' of Salaah.

2



SUNNAH

3

In the Ruku' posture of Salaah, a man should grasp both knees with both hands whilst keeping the knees straight and the head and back at the same level.



SUNNAH

Recite the Tasbeehs in Ruku' (Subhaana Rabbiyal Azeem) thrice.

4



SUNNAH

5

Recite the Tasmee' (Sami-Allahu-Liman-Hamidah) to stand up.



WAAJIB

Stand up after performing Ruku' (Qawmah).

6



SUNNAH

7

Recite the Tahmeed (Rabbana Lakal Hamd) after standing up (Qawmah).



Part 6 – Males

SUNNAH

- 1** Recite the Takbeer to perform the Sajdah of Salaah.



In the Standing & Prostrating Postures of Salaah

FARDH

- Perform the first Sajdah of Salaah.

2



SUNNAH

- 3** When going into the Sajdah posture of Salaah, place both knees, then both hands followed by placing the face between both hands with the fingers facing towards the Qiblah.



SUNNAH

- Whilst in the Sajdah posture of the Salaah, a man should keep his arms away from his sides above the ground and his stomach away from his thighs.

4



SUNNAH

- 5** Recite the Tasbeehs in Sajdah (Subhaana Rabbiyal A'ala) thrice.



SUNNAH

- Recite the Takbeer to sit between the two Sajdah postures of Salaah.

6



SUNNAH

- 7** When coming up from Sajdah, lift the face, then both hands.



WAAJIB

- Sit between the two Sajdah postures of Salaah (Jalsah).

8



SUNNAH

- 9** In the sitting posture (Jalsah) of Salaah, a man should place both hands on his thighs and sit on his left foot horizontally whilst raising his right foot vertically with his toes facing towards the Qiblah.



SUNNAH

- Recite the Takbeer to perform the second Sajdah of Salaah.

10



FARDH

- 11** Perform the second Sajdah of Salaah.



Part 7 – Males

SUNNAH

1

Recite the Takbeer to sit in the final posture of Salaah



In the Prostrating and Sitting Postures of Salaah

FARDH

2

Sit in the final posture (Qa'dah Akheerah) of Salaah for the duration of Tashhahhud (approximately 15 seconds).



SUNNAH

3

In the sitting posture of Salaah, a man should place both hands on his thighs and sit on his left foot horizontally whilst raising his right foot vertically with his toes facing towards the Qiblah.



WAAJIB

4

Recite Tashhahhud.



SUNNAH

5

Raise the right index finger when reciting "Ash-hadu-Allaah-Ilaaha-Ilalallaah" when reciting the Tashhahhud.



SUNNAH

6

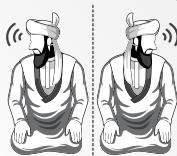
Recite Durood and then a Dua from Quran or Hadith after reciting Tashhahhud.



SUNNAH

7

Make Salaam by turning the face to the right and then to the left using the words "Assalaamu-Alaikum-Warahmatullah" on both sides.



- If a Fardh (obligatory) act is not observed during a Salaah, the Salaah will not be valid. (Hidaayah 1/47)
- If a Waajib (compulsory) act is not observed during a Salaah, the performance of a Sajdah Sahw will be necessary to compensate for it. If a Sajdah Sahw is not performed, the Salaah will have to be repeated within its Salaah time. If the time expires, there is no need to repeat it. (Ghunyatul Mutamalli 188-190 – Maraaqil Falaah 337-348 - Shaami 2/79)
- If a Sunnah Act is not observed during a Salaah, one will not receive its reward. However, the Salaah performed remains valid. (Ghunyatul Mutamalli 234/235 – Tahtaawi Ala Maraaqil Falaah 1/349-375)

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