

# THE STANDARD PROCEDURE OF PERFORMING A 2 RAKAAT SALAAH

A COMPLETE GUIDE BY



# THE STANDARD PROCEDURE OF PERFORMING A 2 RAKAAT SALAAH

## Part 1 – Females

### 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

2

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



##### SUNNAH

3

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



##### SUNNAH

4

Place the right hand over the left hand on the chest.



##### SUNNAH

5

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



##### SUNNAH

6

Recite Thanah' (Subhaanakallah-Hummaa-till the end), Ta'awwuz (Aaoozoobillaahi Minashhay Thaanirrajeem) and Tasmiyah (Bismillaahir Rahmaanir Raheem).



##### WAAJIB

7

Recite Surah Faatiha.



##### SUNNAH

8

Recite Ameen after reciting Surah Faatiha.



##### WAAJIB

9

Recite a Surah or three short verses from the Quran.





## Part 2 – Females

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

#### 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 woman should bend the knees and back slightly and place the hands on the knees.



#### 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 – Females

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

#### In The Standing & Prostrating Postures Of Salaah

##### SUNNAH

1

Recite the Takbeer to perform the Sajdah 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 woman should contract herself and keep her stomach together with her thighs and her hands close to her sides on the ground with both her feet facing outwards towards the right.

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 woman should sit on the ground with both her feet facing outwards towards the right.



##### SUNNAH

Recite the Takbeer to perform the second Sajdah of Salaah.

10



##### FARDH

11

Perform the second Sajdah of Salaah.



## Part 4 – Females

### 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

2

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



#### SUNNAH

3

Place the right hand over the left hand on the chest.



#### SUNNAH

4

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



#### SUNNAH

5

Recite Tasmiyah (Bismillaahir Rahmaanir Raheem).



#### WAAJIB

6

Recite Surah Faatiha.



#### SUNNAH

7

Recite Ameen after reciting Surah Faatiha.



#### WAAJIB

8

Recite a Surah or three short verses from the Quran.





## Part 5 – Females

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

#### 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 woman should bend the knees and back slightly and place the hands on the knees.



#### 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 – Females

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

#### In The Standing & Prostrating Postures of Salaah

##### SUNNAH

1

Recite the Takbeer to perform the Sajdah of Salaah.



##### FARDH

2

Perform the first Sajdah of Salaah.



##### 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

4

Whilst in the Sajdah posture of Salaah, a woman should contract herself and keep her stomach together with her thighs and her hands close to her sides on the ground with both her feet facing outwards towards the right.



##### SUNNAH

5

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



##### SUNNAH

6

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



##### SUNNAH

7

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



##### WAAJIB

8

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



##### SUNNAH

9

In the sitting posture (Jalsah) of Salaah, a woman should sit on the ground with both her feet facing outwards.



##### SUNNAH

10

Recite the Takbeer to perform the second Sajdah of Salaah.



##### FARDH

11

Perform the second Sajdah of Salaah.



## Part 7 – Females

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

## In The Prostrating & Sitting Postures of Salaah

### SUNNAH

1

Recite the Takbeer to sit in the final posture of Salaah



### SUNNAH

3

In the sitting posture of Salaah, a woman should sit on the ground with both her feet facing outwards.



### SUNNAH

5

Raise the right index finger when reciting "Ash-hadu-Allaah-Ilaaha-Il-lallaah" when reciting the 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.



### FARDH

2

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



### WAAJIB

4

Recite Tashhahhud.



### SUNNAH

6

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



- 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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