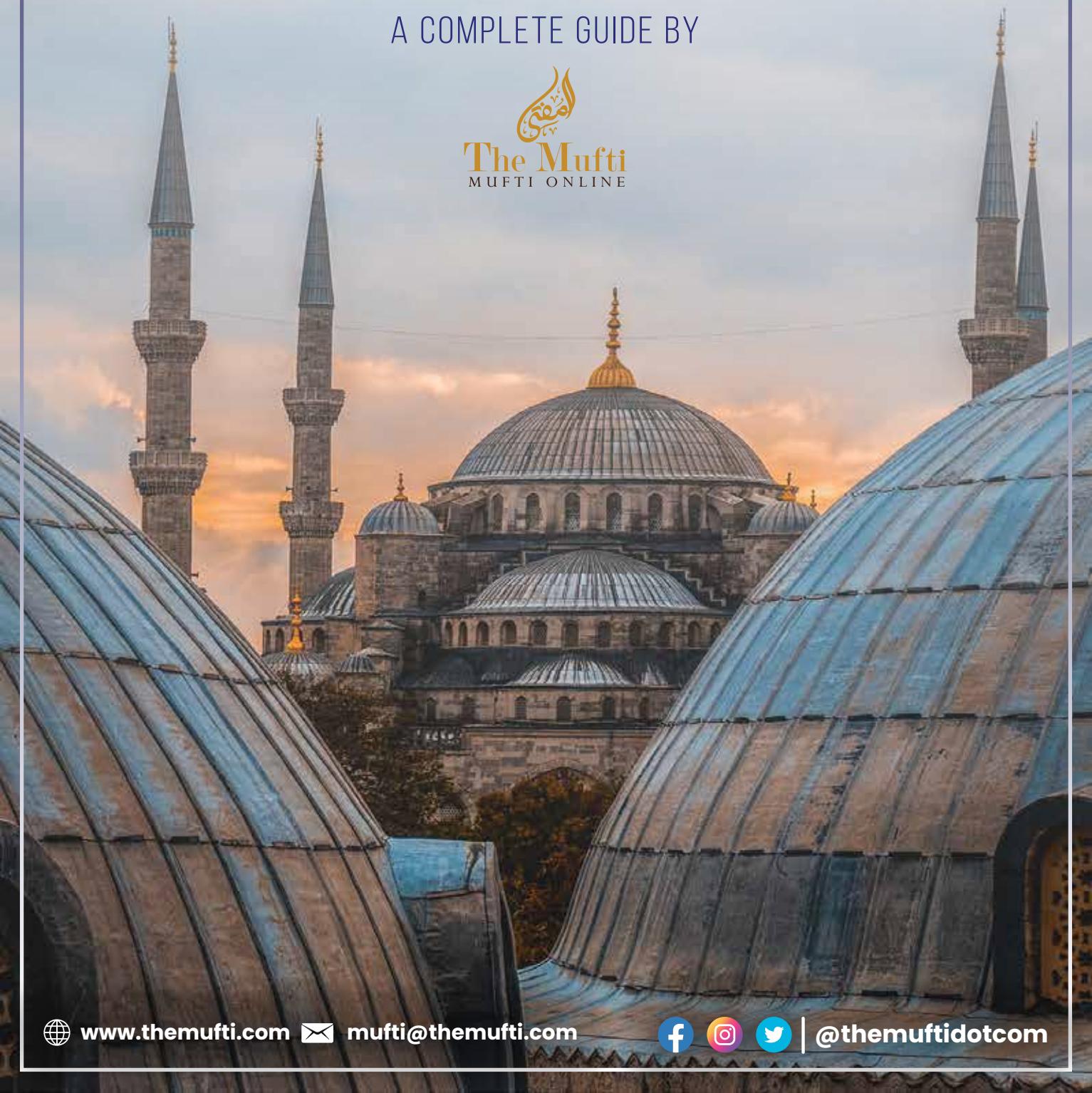


THE STANDARD PROCEDURE OF PERFORMING A 2 RAKAAT SALAAH

A COMPLETE GUIDE BY



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Part 1 – Males

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

FARDH

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



In The Standing Posture Of Salaah

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 earlobes without tilting the head at the time of reciting the Takbeer.



SUNNAH

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



SUNNAH

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



SUNNAH

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



SUNNAH

- 7 Recite Surah Faatiha.



- 8 Recite Ameen after reciting Surah Faatiha.



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

2

Perform the Ruku' of Salaah.



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

4

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



SUNNAH

5

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



WAAJIB

6

Stand up after performing Ruku' (Qawmah).



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

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 man should keep his arms away from his sides above the ground and his stomach away from his thighs.



- 5 Recite the Tasbeehs in Sajdah (Subhaana Rabbiyal A'alaa) 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).



- 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

10

Recite the Takbeer to perform the second Sajdah of Salaah.



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

2

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



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

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 – Males

SUNNAH

1

Recite the Takbeer to perform the Ruku' of Salaah.



In the Standing & Bowing Posture of Salaah

FARDH

2

Perform the Ruku' of Salaah.



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

4

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



SUNNAH

5

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



WAAJIB

6

Stand up after performing Ruku' (Qawmah).



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

- 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 the Salaah, a man should keep his arms away from his sides above the ground and his stomach away from his thighs.



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 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.



FARDH

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



11

- Perform the second Sajdah of Salaah.



Part 7 – Males

SUNNAH

1

Recite the Takbeer to sit in the final posture of Salaah



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.



SUNNAH

5

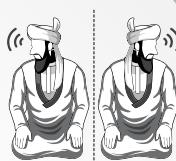
Raise the right index finger when reciting "Ash-hadu-Allaah-lla aha-llallaah" when reciting the Tashhahhud.



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.



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).



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. (Ghunyaatul 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. (Ghunyaatul Mutamalli 234/235 – Tahtaawi Ala Maraaqil Falaah 1/349-375)

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