

THE SUNNAH WAY TO PERFORM SALAH

Standing Posture

- Feet comfortably apart
- Toes towards Qiblah

Takbir Tahrimah

- Palms facing the Qiblah
- Fingers Raised up
- Fingers spread naturally
- Thumbs in line with ear lobes
- **Saying Takbir loud**, after Raising hands
- Looking down at the place of Sajdah

Qiyam

- Right hand over left hand below the navel
- Right hand on wrist of the left hand
- Thumb and small finger around the wrist and remaining fingers naturally on hand
- Looking down at the place of Sajdah

Qira'ah

- Pray: Thana
- Ta'awwudh and Bismillah
- **Surah Fatiha**
- **One surah, three short ayats or one long ayah**

Ruku

- Start Takbir when going down and end when reaching Ruku
- Fingers spread out fully firmly grasping knees
- Arms straight, elbows not bent
- Back and head level
- Looking at feet
 - (Pray Tasbeeh)
 - **(Standing for at least one Tasbih duration. (Tadeel Arkan))**

Qawmah

- Start Tasmi when rising, and end when reaching Qawmah
- Say Tahmid after standing
 - **(Standing for at least one Tasbih duration. (Tadeel Arkan))**

Going into Sajdah

- Starts Takbir when descending, end when reaching Sujud
- Back is straight when descending
- Hands on thigh near knees when descending
- Place knees first, then hands, then nose, then forehead

Sajdah

- Sajdah position not too long, neither too short
- **Nose and forehead on the ground**
- Hands in the same position as Takbir Tahrimah
- Fingers tightly closed facing the Qiblah
- Arms away from the sides
- Elbows away from the ground
- Stomach away from thighs
- **Toes firmly pressed on to the ground facing Qiblah**
- Rear slightly raised
- Looking at your nose
 - (Pray Tasbeeh)
 - **(Sajdah for at least one Tasbih duration. (Tadeel Arkan)**

Getting up from Sajdah/Qa'aah

- Start Takbir when rising and end when standing
- Lift the limbs in order of forehead, nose, hands and then Knees
- Keep hands on thighs and avoid touching ground
- Stand using the tip of your feet
- Back straight when going up

Jalsah / Qa'dah / Tashahhud

- Looking at your lap
- Hands on your thighs, not too close to knees, not going over
- Fingers spread naturally
- Right foot up vertically, toes towards Qiblah and sitting on left foot
- Raise Index finger when saying "*La Ilaha*" and lower when saying "*Illallah*"
- Make a circle between thumb and middle finger, and raise index finger towards Qibla (not towards sky)
 - (Pray *Tashahhud*)
 - (Pray *Duroode Ibrahim*)
 - (Pray *final Dua*)
 - **(Jalsah for at least one Tasbih duration. (Tadeel Arkan)**

Salam

- Turn head enough so that cheeks can be seen by those behind you
- After making salam to the right, turn the face to the Qibla, then make second salam
- Look at shoulders during salam
 - (Make intention of doing salam to people on that side: Imam, Musallies and angels)