



ISLAMIC SCHOOL OF DARWIN

Salah Handbook

Compiled By: Asim Razi






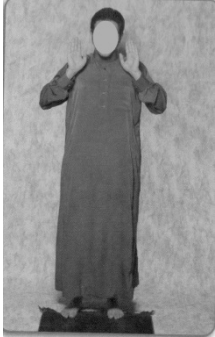
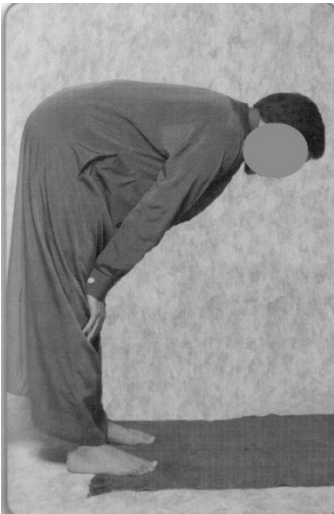
Note to the reader

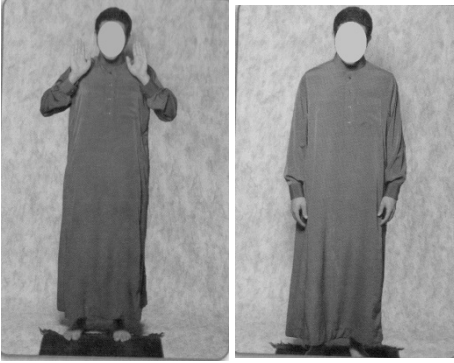

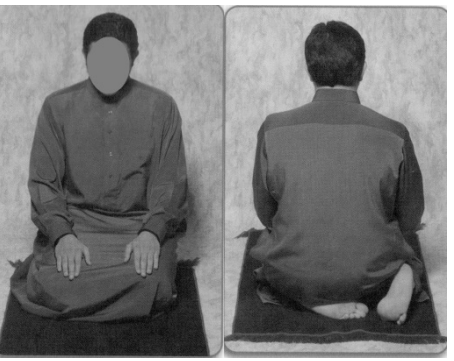

This handbook aims to provide a uniform method to teach the correct way to perform Salah. It is to be understood that there are acceptable variations and the teacher must accommodate these keeping in mind the students' and their families' diverse backgrounds. The way to perform Salah presented in this handbook is authentically based on the Sunnah.

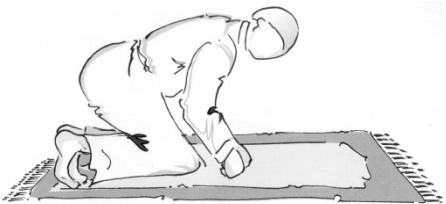
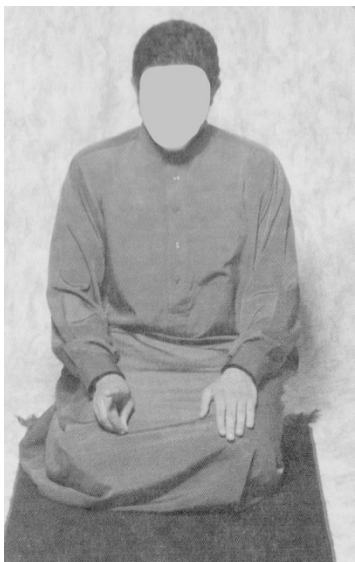
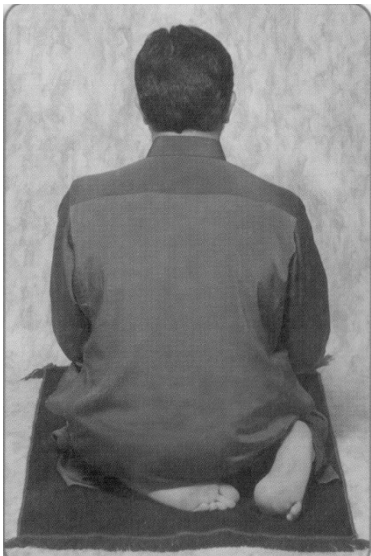
The following books were used extensively to prepare this handbook:


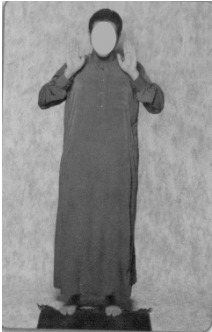
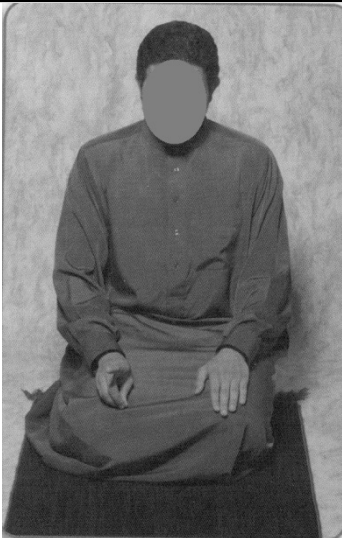
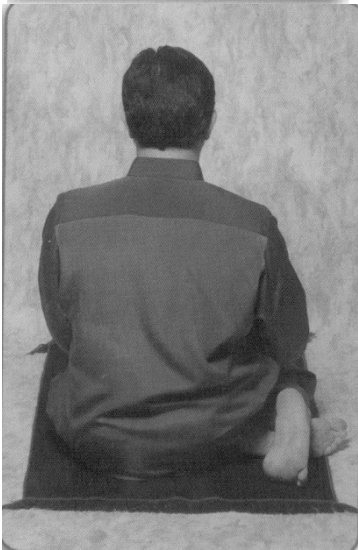
1. *The Prophet's Prayer Described* by Shaikh Naasir-ud-Deen Al-Albaani (Primary resource)
2. *Salaat: The Islamic Prayer from A to Z* by Dr. Mamdouh N. Mohamed (Primary resource for pictures)
3. *My Prayer Book* by Darussalam (Secondary resource for pictures)
4. *The Prophet's Prayer and Wudoo* by Abdul-Azeez ibn Baaz
5. *Taleemul Haq* by Shabbir Ahmed E. Desai
6. *Weekend Learning Islamic Studies Textbook series* by Mansur Ahmad and Husain A. Nuri

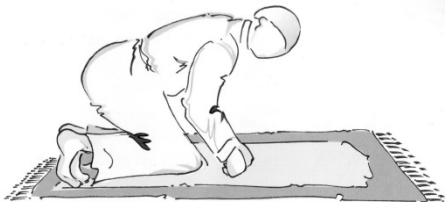
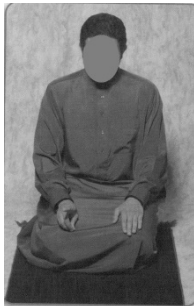
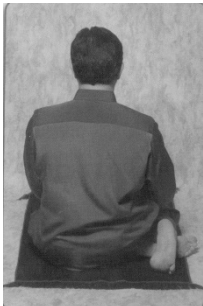
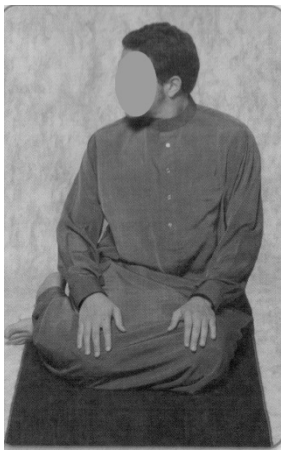
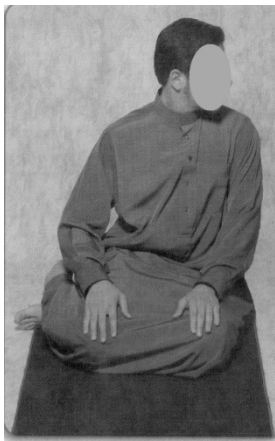
I am very grateful to the authors and publishers of the aforementioned books.

Picture	Process	Checklist
	Preparation for Salah Make wudhu and wear clean clothes that cover your awrah.	
First Raka'ah		
	A. Takbeerat-ul-Ihram 1. Stand in a clean place facing the qiblah with your feet at a comfortable distance from each other. 2. Look at the place of sujud at all times. 3. Make an intention in your mind that you are going to pray. 4. Say <i>Allahu Akbar</i> while raising your hands to your ears or shoulders, with palms facing the qiblah.	<input type="checkbox"/> Wudhu <input type="checkbox"/> Clean clothes and place of worship <input type="checkbox"/> Covering the awrah <input type="checkbox"/> Facing the qiblah <input type="checkbox"/> Mental intention <input type="checkbox"/> Standing straight <input type="checkbox"/> Feet comfortably apart <input type="checkbox"/> Palm facing qiblah <input type="checkbox"/> Palms raised to ear or shoulder height <input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Eyes at place of sujud
 	B. Qiyaam 1. Place hands on the chest with the right hand on the left. 2. Look at the place of sujud. 3. Recite the <i>Du'a-ul-istiftah</i> . 4. Recite the <i>Ta'awwuz</i> . 5. Recite the <i>Basmalah</i> . 6. Recite Surah Al-Fatihah. 7. Recite another Surah or a part of it.	<input type="checkbox"/> Standing straight <input type="checkbox"/> Eyes at place of sujud <input type="checkbox"/> Hands placed on chest <input type="checkbox"/> Right hand on left <input type="checkbox"/> <i>Sana</i> recitation <input type="checkbox"/> <i>Ta'awwuz</i> recitation <input type="checkbox"/> <i>Basmalah</i> recitation <input type="checkbox"/> Al-Fatihah recitation <input type="checkbox"/> Other Surah recitation
 	C. Rukoo' 1. Raise your hands and say <i>Allahu Akbar</i> . 2. Bow down and place your hands on your knees with fingers spread out. 3. Keep your back and head straight and parallel to the ground. 4. Keep arms straight and keep elbows away from your sides. 5. Look at the place of sujud. 6. Say <i>Subhana Rabbi al 'Azeem</i> 3 times.	<input type="checkbox"/> Palm facing qiblah <input type="checkbox"/> Palms raised to ear or shoulder height <input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Back and head straight and parallel to the ground <input type="checkbox"/> Arms straight, elbows not bent and kept away from side <input type="checkbox"/> Placing hands on knees <input type="checkbox"/> Fingers spread <input type="checkbox"/> Eyes at place of sujud <input type="checkbox"/> Saying the tasbeeh at least 3 times

Picture	Process	Checklist
	<p>D. Standing up from Rukoo'</p> <ol style="list-style-type: none"> 1. Stand up straight and raise your hands while saying <i>Sami Allahu liman hamidah</i>. 2. Put your hands by your sides or back on your chest and then say <i>Rabbana wa lak alhamd</i>. 3. Look at the place of sujud. 	<ul style="list-style-type: none"> <input type="checkbox"/> Standing straight <input type="checkbox"/> Eyes at place of sujud <input type="checkbox"/> Palm facing qiblah <input type="checkbox"/> Fingers close together <input type="checkbox"/> Palms raised to ear or shoulder height <input type="checkbox"/> Saying <i>Sami Allah...</i> <input type="checkbox"/> Hands by side or on chest
	<p>E. First Sajdah</p> <ol style="list-style-type: none"> 1. Say <i>Allahu Akbar</i> and prostrate on the ground making sure that your forehead, nose, palms, knees and toes touch the ground. 2. Keep your fingers close together and in line with your ears or shoulders. 3. Keep arms away from sides. 4. Keep stomach away from thighs. 5. Keep thighs away from legs. 6. Keep forearms away from the ground. 7. Keep feet together and in an upright position while bending toes towards qiblah. 8. Say <i>Subhana Rabbi al A'laa</i> 3 times. 	<ul style="list-style-type: none"> <input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Forehead, nose, palms, knees and toes touching the ground <input type="checkbox"/> Fingers close together <input type="checkbox"/> Palms in line with ears or shoulders <input type="checkbox"/> Arms away from sides <input type="checkbox"/> Stomach away thighs <input type="checkbox"/> Thighs away from legs <input type="checkbox"/> Forearms not laid on ground <input type="checkbox"/> Feet upright and not crossed <input type="checkbox"/> Feet kept together <input type="checkbox"/> Toes bent towards qiblah <input type="checkbox"/> Saying the tasbeeh at least 3 times
	<p>F. Julooos</p> <ol style="list-style-type: none"> 1. Say <i>Allahu Akbar</i> and sit up straight. 2. Lay your left foot on the ground and sit on it while keeping the right foot upright and its toes still pointing towards the qiblah. This form of sitting is called <i>iftirash</i>. 3. Place your hands on your thighs close to your knees. 4. Look at the place of sujud. 5. Say <i>Rabbighfirli</i> 3 times. 	<ul style="list-style-type: none"> <input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Sitting with back straight <input type="checkbox"/> Left foot flat on ground <input type="checkbox"/> Sitting on left foot <input type="checkbox"/> Right foot upright <input type="checkbox"/> Right toes bent towards qiblah <input type="checkbox"/> Sitting in <i>iftirash</i> form <input type="checkbox"/> Hands on thighs close to the knees <input type="checkbox"/> Eyes at place of sujud <input type="checkbox"/> Saying <i>Rabbighfirli</i> 3 times
	<p>G. Second Sajdah</p> <ol style="list-style-type: none"> 1. Perform Sajdah again exactly as in step E and go to step H. 	<p>Same as in step E.</p>

Picture	Process	Checklist
<u>Second Raka'ah</u>		
	H. Standing up for second Raka'ah 1. Stand up by supporting yourself on your knuckles.	<input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Standing up while supporting oneself on knuckles
	I. Performs steps B to G again.	
 	J. First Tashahhud 1. Say <i>Allahu Akbar</i> and sit up straight in <i>iftirash</i> form. 2. Place your hands on your thighs close to your knees and rest your forearms on your thighs. 3. Clench all fingers of your right hand except the index finger. 4. Point to the qiblah with the right index finger and keep looking at it throughout the Tashahhud. 5. Recite the <i>Tahiyyaah</i> and keep moving your right index finger gently throughout its recitation. 6. If performing a 2 Raka'ah Salaah go to step Q. If performing a 3 or 4 Raka'ah Salaah go to step K	<input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Sitting with back straight <input type="checkbox"/> Sitting in <i>iftirash</i> form <input type="checkbox"/> Hands on thighs close to the knees <input type="checkbox"/> Forearms rested on thighs <input type="checkbox"/> Fingers of right hand clenched <input type="checkbox"/> Right index finger pointing towards qiblah <input type="checkbox"/> Eyes on the right index finger <input type="checkbox"/> <i>Tahiyyaah</i> recitation <input type="checkbox"/> Moving the right index finger

Picture	Process	Checklist
<u>Third Raka'ah</u>		
 	<p>K. Standing up for third Raka'ah</p> <ol style="list-style-type: none"> 1. Stand up by supporting yourself on your knuckles. 2. Raise your hands and say <i>Allahu Akbar</i>. 	<ul style="list-style-type: none"> <input type="checkbox"/> Standing up while supporting oneself on knuckles <input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Palms raised to ear or shoulder height
	<p>L. Perform steps B to G again</p> <p>If performing a 3 Raka'ah Salaah go to step M. If performing a 4 Raka'ah Salaah go to step N.</p>	
 	<p>M. Second Tashahhud</p> <ol style="list-style-type: none"> 1. Say <i>Allahu Akbar</i> and sit up straight. 2. Tuck your left foot under your right leg and sit on the ground while keeping the right foot upright and its toes still pointing towards the qiblah. This form of sitting is called <i>tawarruk</i>. 3. Place your hands on your thighs close to your knees. 4. Clench all fingers of your right hand except the index finger. 5. Point to the qiblah with the right index finger and keep looking at it throughout the Tashahhud. 6. Recite the <i>Tahiyyaah</i> and keep moving your right index finger gently throughout its recitation. 7. Go to step Q. 	<ul style="list-style-type: none"> <input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Sitting with back straight <input type="checkbox"/> Sitting on the ground <input type="checkbox"/> Left foot under right leg <input type="checkbox"/> Right foot upright <input type="checkbox"/> Right toes bent towards qiblah <input type="checkbox"/> Sitting in <i>tawarruk</i> form <input type="checkbox"/> Hands on thighs close to the knees <input type="checkbox"/> Fingers of right hand clenched <input type="checkbox"/> Right index finger pointing towards qiblah <input type="checkbox"/> Eyes on the right index finger <input type="checkbox"/> <i>Tahiyyaah</i> recitation <input type="checkbox"/> Moving the right index finger

Picture	Process	Checklist
<u>Fourth Raka'ah</u>		
	N. Standing up for fourth Raka'ah 1. Stand up by supporting yourself on your knuckles.	<input type="checkbox"/> Saying the takbeer <input type="checkbox"/> Standing up while supporting oneself on knuckles
O. Perform steps B to G again		
 	P. Second Tashahhud 1. Perform the second Tashahhud as detailed in step M and then go to step Q.	Same as step M.
<u>Common to all Salaah regardless of number of Raka'ah</u>		
 	Q. Tasleem 1. Recite the <i>Salaah 'alan-Nabiyy</i> followed by any du'a of your choice. Keep moving your right index finger gently. 2. Stop moving your finger and turn your face completely to your right shoulder and say <i>Assalamu 'alaikum warahmatullah</i> . 3. Turn your face to your left shoulder and say <i>Assalamu 'alaikum warahmatullah</i> again. End of Salaah	<input type="checkbox"/> <i>Salaah 'alan-Nabiyy</i> recitation <input type="checkbox"/> Other du'a recitation <input type="checkbox"/> Turning face completely to the left and right <input type="checkbox"/> Saying the Salaam correctly

Supplications

1. Du'a-ul-Istiftah

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Subbhânaka l-lâhumma wa bi-hamdika, wa tabâraka smuka wa ta'âla jadduka, wa lâ ilâha ghayruka.

How perfect You are O Allah, and I praise You. Blessed be Your name, and lofty is Your position and none has the right to be worshipped except You.

2. Ta'awwuz

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A`udhu billâhi min ash-shaitâni r-rajîmi

I seek refuge in Allah from Shaitan, the accursed one.

3. Basmalah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillah-ir rahman-ir rahim

In the name of Allah, the Beneficent, the Merciful

4. Tahiyyaah

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ
وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ . أَشْهَدُ
أَنَّ لَا إِلَهَ إِلَّا اللَّهُ ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

At-tahiyyatû li-l-lâhi, wa s-salawâtû wa t-tayyibâtû. As-salâmu ‘alayka ayyuhâ n-nabiyyu wa rahmatu l-lâhi wa barakâtuhu. As-salâmu ‘alaynâ wa ‘alâ ‘ibâdi l-lâhi s-sâlihîna. Ash-hadu an lâ ilâha illâ l-lâhu, wa ash-hadu anna Muḥammadan ‘abduhu wa rasûluhu.

All greetings are for Allah. All acts of worship and good deeds are for Him. Peace and the mercy and blessings of Allah be upon you O Prophet. Peace be upon us and all of Allah’s righteous servants. I bear witness that none has the right to be worshipped except Allah and I bear witness that Muhammad is His slave and Messenger.

5. Salaah ‘alan-Nabiyy

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى
آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

Allâhumma ṣalli ‘alâ Muḥammadin wa ‘alâ âli Muḥammadin kamâ ṣallayta ‘alâ Ibrâhîma wa ‘alâ âli Ibrâhîma. Innaka ḥamîdun, majîd. Allâhumma bârik ‘alâ Muḥammadin wa ‘alâ âli Muḥammadin kamâ bârakta ‘alâ Ibrâhîma wa ‘alâ âli Ibrâhîma. Innaka ḥamîdun, majîd

O Allah, send prayers upon Muhammad and the followers of Muhammad, just as You sent prayers upon Ibraheem and upon the followers of Ibraheem. Verily, You are full of praise and majesty. O Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibraheem and upon the family of Ibraheem. Verily, You are full of praise and majesty.

6. Du'a to recite before *Tasleem*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَمِنْ عَذَابِ جَهَنَّمَ، وَمِنْ فِتْنَةِ
الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

Allâhumma innî a'ûdhu bika min 'adhâbi-l-qabri, wa min 'adhâbi jahannama, wa min fitnati-l-mahyâ wa-l-mamâti, wa min sharri fitnati-l-masîhi d-dajjâl.

O Allah, I take refuge in You from the punishment of the grave, from the torment of the Fire, from the trials and tribulations of life and death and from the evil affliction of Al-Maseeh Ad-Dajjal.