Namaz For Men
Stand Up for Namaz

Start From Here

**Niyyah:** Before beginning Salaah, perform Wadhu or Ghusl (Which ever is required). Your clothes and place of Salaah should also be clean. Make sure your Satr is covered. Men’s garments should not hang below their ankles. A person must face the Qiblah (direction of Prayer - Makkah). Make intention quietly or in the mind for which ever Salaah you wish to perform. During Salaah keep the eyes fixed on the spot where the head will be in Sajdah (prostration) unless otherwise mentioned. Ensure the feet point towards the direction of Qiblah. Men should keep their feet a minimum of four fingers width [Fig 1] and women keep their feet toghether.
TAKBEER-E-TAHREEMA

Instructions:
Whilst raising both hands in line with the earlobes for men [Fig 2], and to the height of the shoulders for women. Ensure the palms face towards the Qiblah. Remember to keep the eyes focused on the place of Sajdah (Prostration).

ALLAH-O-AKBAR

Translation:
Allah is the Greatest
Recitation:

Allah Glory be to you O Allah! and Praise be to you: Blessed is your name and there is none worthy besides you.

QIYAAM

Qiyaam (standing posture) - place you right hand over your left hand, with the thumb and last finger of the right hand wrapped around the wrist of the left hand, and the middle 3 fingers of the right hand resting along the top of the left arm. Place below the navel for men [Fig 3] and over the chest for women, with the right hand palm over the back of the left hand, keeping fingers together.
Recitation:

I seek refuge in Allah from the rejected Satan.

In the name of Allah, the most beneficent, most merciful
Then recite Surah-e-Fatihah now.
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ٱلرَّحْمَنِ الرَّحِيمِ
سبُورِيفَ اللَّهِ كَلِّهِمُ والْمَسْلِمُونَ كُلَّهُمْ مِنْ مُُلْكِكَ. الرَّحْمَنِ الرَّحِيمِ.

Praise to be Allah, Lord of the worlds. The Beneficent, the Merciful.

مُلْكِ يَوْمِ الْدُّنِيَا أَيَّاكَ نَعْبُدُ وَأَيَّاكَ نَسْتَعِينُ
قِيامَتَكَ دُنَيَاكَ قَبْلَهُ (بِاللَّهِ). يَمْتَرِيُنَّ عَبَادُكَ كَثِيرًا وَأَدْرِجُونَهُمْ

Master of the Day of judgement. Thee alone we worship and to Thee alone we turn for help.

إِهْدِنَا الْسَّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أُنْعِمْتُ
بِنَمَ كَوْلَاهُ رَأَتِي قَلَأ. أَيَّا لَوْلَهُ كَأَراَتِي حَيَا مَا

Guide us to the Straight Path. The path of those whom you favoured,

عَلَيْهِمْ غَيْرُ الْمَغْضُوبِ بِعَلَيْهِمْ وَلَا الْضَّافِئِ لَيْنَ أَمِينَ
ذكرُ أَيُّ وَلَوْلَهُ كَأَرَاءَتُهُ حَيَا مَا (تَبَوَّأَ) غَضِبُ مَنْ مَتَّاعُهُ بَعْدَ مَعْلُوَةٍ كَأَرَاءَتُهُ حَيَا مَا. أَمِينَ

Not of those who earned Your anger, nor of those who went astray.
Then recite any Surah, or a minimum of three short Aayats or one long Aayah.

Note: A Surah is read following Surah Fatihah in all units of any Sunnah and Nafl Salaah. It is only required in the First Two units of ANY Fard Salaah, i.e. in the Third and Fourth units only Surah Fatihah is recited.

Note: The Surahs read after Surah Fatihah should be read in proper sequence as in the Qur’aan in assending order, with the next Surah smaller than the previous.

قُلْ هُوَ الَّذِي أُحْدَدَ الْلَّهُ الَّذِي لَا شَرِيعَةَ لَهُ وَلَا وَلَدُّ

Say: He is Allah, the One! Allah, the eternally Besought of all!

لَمْ يَلِدْهَا وَلَمْ يُولِدْهَا وَلَمْ يَكُنْ لَهُ كُفُورًا أَحَدًا

And there is none comparable unto Him. He begetteth not,Not is He begotten;
Instructions:

Ruku (Bowling Down): Men should keep the back and arms straight and hold the knees with the fingers apart ensuring the arms do not touch the body [Fig 4]. Women should only bend over sufficiently so that the fingers can touch the knees with the fingers kept together. The knees should be bent and the back should not be straight like a man. Also ensuring the elbows touch the sides of the body. Women should focus theirs eyes towards the toes.

In Ruku recite three times:

ٌاللهُ أَكْبَرُ
اللهُ أَكْبَرُ
اللهُ أَكْبَرُ

Allah is the Greatest

Allah is the Greatest.Glory to my Lord,
**Qaumah**

**Instructions:**
Qaumah is to stand up from Ruku and return to the Qiyaam position keeping your arms straight by your side [Fig 5]. Whilst standing up from Ruku recite **Tasmee**. And when stood up recite **Tamheed**.

**Recitation:**

Allah hears all those who praise Him. Our Lord! All praise be to Thee. Allah is the Greatest

And move to next position
**Instructions:**

**Sujood (prostration):** Then go into prostration in order of; starting by lowering the knees to the ground (trying to keep the back straight), then the palms of both hands, then nose and finally forehead. Focus the eyes towards the nose. The arms should not touch the floor. Both your feet should be raised, resting on your toes. Women must ensure that they keep all limbs close together and close to the ground, including the arms, elbows, bottom and feet. Both feet should point out to the right and point the toes towards the Qiblah.

**Recite 3 Times**

 Glory to my Lord, the Highest.

**Posture 6**
Get up from the floor reciting the TAKBEER in order of forehead first, nose and then hands. Sit upright (Jalsá) and place the palms on the lower thigh. You should sit on your left foot and have your right foot raised, resting on the toes. Women should sit resting on the floor with feet pointing out to the right. In Qa’dah set your eyes between the front of your hands in your lap. Rest for a moment, then say “Allahu Akbar” and prostrate again.
**QUOOD**

**Instructions:**

Get up from second Sajdah and stand up back to the Qiyaam position.

This completes one Rak’aah (unit) of prayer. The second Rak’aah is performed in the same way but do not recite Thanaa and Ta’awwuz, Start from Tasmiyah.

**At-Tashahhud:** In the second Rak’aah after the second prostration remain seated (Qa’dah), as the above illustrations and recite quietly.

All prayers and worship through words, actions and sanctity are due to Allah only. Peace be Upon you, O Prophet (صلی اللَّهُ عَلیهِ وَرسُولِهِ) and the Mercy of Allah and His Blessings. Peace be on us and those who are righteous servants of Allah.
Instructions: Whilst reciting “At-Tashahhud” when the words “Ash-hadu al-laa ilaaha” are recited, use the right hand to form a circle with the middle finger and the thumb and raise the index finger high enough for it to face the Qiblah. Drop the finger back down again after reciting “al-laa ilaaha” (than Allah).

If you are performing three Rak’aaahs (Maghrib) or four Rak’aaahs (Zuhr, Asr, Isha), then stand up after Tashahhud.

O Allah shower Thy Blessings on Muhammad and the descendants of Muhammad as Thou did shower Thy Blessings on Ibrahim. Thou art the Praiseworthy, the Glorious. O Allah, Glorify Muhammad and the descendants of Ibrahim.
Instructions: Following the Durood, recite any of these or any other Sunnah Duas.

- Lord! Make me one who establishes regular Prayer and also (raise such) among my offspring, O our Lord! and accept thou my Prayer.

- O Lord! cover (us) with Thy forgiveness - me, my parents and all believers on the Day that the Reckoning will be established.
**Fig 8**

**SALAAM**

*Salaam*: Now turn your face to look at your right shoulder whilst saying [Fig 6]. After Salaah, it if of great blessing to make Du’aa (Asking for your needs). To lift up your hands to make Du’aa is loved by Almighty Allah, and is also Sunnah.

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Peace be on you and Allah’s Mercy.

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