THE 11 SUNNATS OF QIYAAAM (Standing Position)

1. One of the Sunnah governing Qiyaam (the standing position in Salah) is to stand facing the Qibla upright. The head should not be bent. The eyesight should be focused on the place of Sajdah. (Sahih Muslim vol 1, p200 / Sunan Nasai no.1196/ Sunan Ibn Majah no-803)

2. The toes should also be pointing towards the Qibla, there should be a gap of four fingers width between the feet. (Daru Qutuni vol 1, p272 / Musanaf Abdul Razzaq vol 2, p581/ Al Mughni vol 2, p11)

3. When Salah is preformed in Jamah, the Imam reads the Takbeer-e-Tahreema (Allah Akbar) the Muqtadi (one following the Imam) should also read (quietly) Takbeer-e-Tahreema Allah Akbar immediately after the Imam. (Sahih Muslim vol 1, p177/ Sunan Ibn Majah no-803)

4. The male while saying the (‘Al-laa Hu’ak-bar’) (1st Takbeer) should raise both his hands towards his earlobes making contact with the tip of his thumbs to the tip of his earlobes. (Sahih Muslim no.391/ Sunan Abu Dawood no.728/ Sunan Tibaraani vol 22, p118/ Sunan Nasai vol 1, p141)

5. While saying the Takbeer-e-Tahreema, the palms of the hand (while being raised) should face the Qibla, the hands are raised with Takbeer-e-Tahreema (1st Takbeer) at the beginning of 1st Rakat only. (Jami Tirmidhi no-257/ Abu Dawood no.749/ Sunan Nasai vol 158/ Sahih Muslim p181)

6. While raising the hands during the Takbeer-e-Tahreema the fingers should be kept naturally relaxed (neither completely open nor tightly together) but in their natural relaxed position. (Jami Tirmidhi p62/ Sahih Ibn Habban vol 3, p195/ Sunan Baihaqi vol 2, p27)

7. Then, when folding the hands, the palm of his right hand should be placed on the back of the wrist of his left hand. (Sahih Bukhari vol 1, p159/ Majma ul Zawahed vol 2, p104)

8. The males should form a ring around the wrist of the left hand by gripping it with the thumb and the little finger of the right hand. (Sahih Bukhari vol 1, p102/ Ibn Abi Shaybah vol.1, p391)

9. The males should then place the middle three fingers of the right hand over the forearm. (Sunan Ibn Majah p58/ A’tharul Sunan vol.1, p69)

10. The males should fasten their hands in the above mentioned manner below the navel. (Sunan Abu Dawood, no-756 p117/ Musnad Ahmed vol 1, p110/ Ibn Abi Shaybah vol 1, p390/ Daru Qutuni vol 1, p286)

11. Then one should recite Thana سبحان الله وحده وعبدك امك وغفران الله ورحمة الله. (Sunan Abu Dawood vol 1, p113/ Jami Tirmidhi p62/ Sunan Nasai vol 1, p104)

THE 7 SUNNATS OF QIRAAT (Qur’an Reciting Position)

12. After the Thana, Ta’aw-wuth should be recited quietly in the first Rakat only. (Tibaraani Kabeer vol 9, p263)

13. After Ta’aw-wuth, (Tas-mi-yah) should be recited quietly and thereafter in every Rakat. (Sahih Muslim vol 1, p172/ Sunan Tahaawi vol 1, p140/ Jami Tirmidhi vol 1, p57/ A’tharul Sunan p121)

14. Then after Surah Fatihah Ameen (A’meen) should be said softly. (Holy Qur’an 7:55/ 19:3/ Jami Tirmidhi no-248/ Sahih Muslim vol 1, p176/ Musnad Ahmad vol 4, p316)

15. To recite extended Surahs from (Surah 29 Al-Hujurat to Surah 85 Al-Buruj) in Fajr and Zuhr and from Surahs (Surah 85 Al-Buruj to Surah 98 Al-Bayyinah) in Asar and Isha, and from Surahs (Surah 99 Az-Zalzalah to Surah 114 An-Nas) in Maghrib Salah. (Sunan Nasai vol 1, p154/ Musanaf Abdul Razzaq vol 2, p104)

16. To lengthen the first Rakat of the Fajr Salah. (Musanaf Ibn Abi Shayba vol 1, p353/ Sunan Nasai vol 1, p154)

17. The Qur’an should not be recited too fast nor too slow but at a medium pace. (Sahih Bukhari vol 1, p57/ Sahih Muslim no-766)

18. Only Surah Fatiyah should be read in the third and fourth Rakats of each Fard Salah. In any Jamah (congregation) Salah the Muqtadi should not recite Qiraat, only the Imaam is to recite (Holy Qur’an 7:204/ Sahih Bukhari vol 1, p107/ Sahih Muslim no-398 / Sunan Ibn Majah no-850)
THE 8 SUNNATS OF THE RUKU (Bowing Down Position)

19. **Takbeer** (‘Al-laa Hu’ak-bar’) should be said while making the Ruku. (Sahih Bukhari vol 1, p109/ Sahih Muslim vol 1, p169)
20. In Ruku, males should grasp their knees with their hands. (Jami Tirmidhi vol 1, p60)
21. The male’s fingers should be spread while grasping their knees. (Sahih Bukhari no-753)
22. In Ruku, the legs should be kept straight. (A’tharul Sunan p112/ Sunan Nasai no-1038)
23. In Ruku, the males should keep their back level. (Sunan Nasai p118/ Musnad Ahmad vol 4, p22/ Shami-Vol 1, p365)
24. The head and the lower back of the males should be in a straight line. (Sunan Abu Dawood vol 1, p132/ Sunan Nasai vol 1, p118)
25. **Sibhan Rabi’i al-’Azim** (Glory be to my Lord, the Great) should be recited at least three times in Ruku. (Jami Tirmidhi vol 1, p60/ Sunan Nasai no.1049)
26. While getting up from Ruku, the Imam should say **Salam** (Allah hears one who praises Him). The Muqtadis should thereafter say **Rabi’al al-’Azim** (Our Lord! all praise be to You). The Munfarid (person who is performing his Salah individually) should say both. (Jami Tirmidhi vol 1, p61/ Sahih Bukhari vol 1, p109/ Sunan Ibn Majah no.875)

THE 12 SUNNATS OF SAJDAH (Prostrating Position)

27. While proceeding for Sajdah, the Takbeer of Sajdah (‘Al-laa Hu’ak-bar’) should be said. (Nasai no-1145)
28. While proceeding for Sajdah, the knees should first be placed upon the earth. (Sunan Abu Dawood no-829)
29. Thereafter, the palms should be placed upon the ground. In Sajdah, the fingers should be close together. (Sunan Abu Dawood no-830)
30. Then the nose should be placed on the ground. (Sunan Abu Dawood no-885)
31. Thereafter, the forehead should be placed on the ground. (Sunan Nasai no-1099/ Sahih Bukhari no-775)
32. To make Sajdah between the two hands i.e. to place the head between the palms. (Bukhari no-771/ Sunan Tahaawi vol 1, p151)
33. In Sajdah, the males should keep their stomachs separate from their thighs. They should also ensure that the toes on both feet are pointing towards Qibla. (Sahih Muslim no-495/ Sahih Bukhari no-769 & 828/ Sunan Baihaqi no-2717)
34. Males should keep their arm separate from their sides. (Sunan Nasai no.1109)
35. To keep the elbows away from the ground. (Mustadarak Hakim vol 1, p227)
36. **Sibhan Rabi’i al-A`zam** (Glory be to my Lord, the Most High) should be read at least three times. (Sunan Abu Dawood vol 1, p126/ Tirmidhi p65/ Sunan Nasai no.1049)
37. To recite the Takbeer of Sajdah when getting up. (Sunan Nasai no.1085)
38. When getting up from Sajdah, the head should be raised first and then nose, and then the hands, and then the knees. Also, to sit with ease between the two Sajdahs. (Abu Dawood no-829/ Sahih Muslim no.473)

THE 13 SUNNATS OF QA’DAH (Sitting Position)

39. In Qa’dah (sitting posture between the two Sajdahs), the males should keep their right foot up whilst the toes should face the Qiblah and let the left foot lie flat and sit on it. (Sahih Bukhari p114/ Muwatta Imaam Malik p73)
40. Both hands should be placed upon the thighs. (Sahih Muslim p216)
41. In Tashahhud, the forefinger should be raised while reciting ‘اِﺷْهَدُواْ إِنَّ لَا إِلَهَ إِلَّا للهُ’ and should be lowered while reciting ‘وَرَحْمَةُ اللَّهِ’. (Sunan Baihaqi vol 2, p132/ Musnad Ahmad vol 2, p119)
42. To recite Durood Salam in the last Qa’dah. (Sahih Muslim p175)
43. After the recitation of the Durood Salam, a Du’aa’ from the Qur’an or Hadith should be read. (Sahih Bukhari no-835)
44. To make Salam on both sides. (Sunan Nasai no-1145/ Sunan Ibn Majah no-915)
45. When making Salam, the السلام عليكم ورحمة الله to begin with the right side first. (Sahih Muslim vol 1, p116/ Musanaf Ibn Abi Shaybah vol 1, p298)
46. The Imam should make the intention of Salam to the Muqtadí’s, Angels and Pious Jinns. (Sunan Ibn Majah no-923/ Sunan Abu Dawood, no-988)
47. The Muqtadi should make their intention of Salam for the Imam, Angels and Pious Jinns and they should also make the intention for the Muqtadis on their right and left respectively. (Sunan Ibn Majah no-922)
48. The Munfarid should only make the intention of Salam for the Angels. (Tahtaawi p149/ Kabeeri p337/ Sharah Niqayah vol 1, p81)
49. The Muqtadí should make his Salam at the same time as that of the Imam. (Sunan Ibn Majah no-921/ Sunan Nasai no-797/ Sunan Abu Dawood, no-991/ Sahih Bukhari no-798)
50. The Imam should not stretch Salam, and say the second Salam in a softer tone than the first Salam. (Sunan Abu Dawood, no-991/ Sahih Bukhari no-798)
51. The Masbooq (a person who has joined Jamaat late) should wait for the Imam to finish his second Salam (before getting up to perform the missed Rakaats). (Sahih Bukhari vol 1, p347/ Duri Mukhtar vol 1 p86)

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