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OFFICIAL COURSE WORKBOOK

# The Complete Namaz (Salah) Guide for Males & Females

A Step-by-Step Practical Blueprint for Perfecting Your Daily Prayers with Pronunciation, Postures, & Authentic Sunnah Rules

**Published by Online Quran Ilm Academy**

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# 1. Introduction: The Power & Beauty of Salah

**Imagine having a direct hotline to the King of the universe!**

When you pray Namaz (Salah), you don't need a phone, Wi-Fi, or money. You simply stand up, clean yourself, and talk directly to Allah SWT—the Almighty Creator who made the stars, the oceans, and you! For kids, think of Namaz as your ultimate daily energy booster. It gives your heart peace, cleanses your mind, and fills your life with light and blessings.

For adults seeking a *Salah guide for beginners* or a comprehensive reference on *how to pray Namaz step by step PDF*, prayer is the central pillar of faith. Prophet Muhammad ﷺ taught us that Namaz is the first thing we will be asked about on the Day of Judgment. It acts as a spiritual mirror, keeping our hearts soft and shielding us from stress, anxiety, and wrongful deeds.

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**IMAGE PLACEHOLDER**

*[IMAGE INSTRUCTION: High-resolution clean graphic showcasing a serene family—father, mother, and child—praying together in congregation on an elegant prayer rug, vector style with brand colors #013977 and #D8A43E]*

## Key Search Concepts Covered in This Guide:

- Comprehensive **step by step Namaz for kids** and adults.
- Clear distinctions regarding **differences in Namaz for men and women**.
- Full Arabic transliteration and English translations for accurate recitation.

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## Step 1: Pre-Prayer Preparation (Al-Wudu)

Purification is half of faith. Before standing in front of Allah, we clean our bodies through Wudu (Ablution) to wash away physical impurities and spiritual burdens.

**GRAPHIC GRID** *[IMAGE INSTRUCTION: Clean, sequential illustration grid showcasing: washing hands to wrists, rinsing mouth, sniffing water into nose, washing face, washing arms to elbows, wiping head, and washing feet to ankles]*

### 1. Intention & Bismillah
Make intention in your heart for Wudu and say *Bismillah-ir-Rahman-ir-Raheem*.

### 2. Wash Hands (3x)
Wash both hands up to the wrists thoroughly, making sure water reaches between fingers.

### 3. Rinse Mouth (3x)
Take water into your mouth with your right hand, swirl it around, and spit it out clean.

### 4. Sniff Water in Nose (3x)
Gently sniff water into nostrils with right hand and blow it out using left hand.

### 5. Wash Face (3x)
Wash entire face from hairline to below chin, and from earlobe to earlobe.

### 6. Wash Arms to Elbows (3x)
Wash right arm up to and including elbow three times, then repeat for left arm.

### 7. Wipe Head & Ears (1x)
Wipe wet hands over hair from front to back, wipe inside of ears with index fingers.

### 8. Wash Feet to Ankles (3x)
Wash right foot up to ankle including between toes, then repeat for left foot.

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# Step 2: Universal Physical Steps of Namaz

## 1. Takbeer-e-Tahreema (Opening Takbeer)

**DIAGRAM** *[IMAGE INSTRUCTION: Clean white silhouette showing hands raised up to earlobes for males / shoulder level for females, palms facing Qibla]*

اللَّهُ أَكْبَرُ

**Allahu Akbar**

*Allah is the Greatest.*

## 2. Qiyam & Recitation (Standing Position)

**DIAGRAM** *[IMAGE INSTRUCTION: Front and side silhouette showing folded hands below navel for males / on chest for females, eyes focused on prostration spot]*

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَىٰ جَدُّكَ وَلَا إِلٰهَ غَيْرُكَ

**Subhanakal-lahumma wa bihamdika wa tabarakasmuka wa ta'ala jadduka wa la ilaha ghayruk.**

*Glory be to You, O Allah, and all praise. Blessed is Your name and exalted is Your majesty. There is no god worthy of worship except You.*

## 3. Ruku (Bowing Position)

**DIAGRAM** *[IMAGE INSTRUCTION: Side silhouette showing back perfectly flat parallel to floor for males, hands firmly gripping knees with spread fingers]*

سُبْحَانَ رَبِّيَ الْعَظِيمِ (3x)

**Subhana Rabbiyal 'Azeem (3 times)**

*Glory be to my Lord, the Most Magnificent.*

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## 4. Sujud (Prostration)

**DIAGRAM** *[IMAGE INSTRUCTION: Anatomical side view showing 7 body parts touching floor: forehead, nose, palms, knees, and toes curled forward towards Qibla]*

سُبْحَانَ رَبِّيَ الْأَعْلَىٰ (3x)

**Subhana Rabbiyal A'la (3 times)**

*Glory be to my Lord, the Most High.*

## 5. Jalsah (Sitting Between Sujuds) & Tashahhud

**DIAGRAM** *[IMAGE INSTRUCTION: Clean sitting posture graphic showing hands placed flat on thighs near knees, index finger raised for Shahada]*

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ۖ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

**At-Tahiyyatu lillahi was-salawatu wat-tayyibat. As-salamu 'alayka ayyuhan-Nabiyyu wa rahmatullahi wa barakatuh.**

*All compliments, prayers, and pure worship are for Allah. Peace be upon you, O Prophet, and the mercy of Allah and His blessings.*

## 6. Taslim (Ending the Prayer)

**DIAGRAM** *[IMAGE INSTRUCTION: Top-down diagram showing head turning first over right shoulder, then over left shoulder]*

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

**As-salamu 'alaykum wa rahmatullah**

*May the peace and mercy of Allah be upon you.*

## Step 3: Male vs. Female Structural Posture Variations

Based on authentic classical Islamic jurisprudence, physical posture variations exist between men and women in Namaz to promote modesty and anatomical alignment.

**COMPARATIVE GRAPHIC**

*[IMAGE INSTRUCTION: Side-by-side silhouette comparison showing male postures in solid dark blue (#013977) and female postures in elegant soft purple (#D6C7F0), highlighting hand placement, Sujud arm expansion, and sitting posture]*

| Posture Step | Male Physical Execution | Female Physical Execution |
|---|---|---|
| **Takbeer-e-Tahreema** | Hands raised up to earlobes, thumbs touching earlobes. | Hands raised to shoulder level under hijab/shawl. |
| **Qiyam Hand Placement** | Right hand clasps left wrist below the navel. | Right palm placed over left hand on the chest. |
| **Ruku (Bowing) Position** | Back flat like a table; arms spread away from sides; fingers gripping knees. | Slight bow (just reaching knees); fingers together on knees; arms tucked close to sides. |
| **Sujud (Prostration)** | Arms lifted off ground, stomach separated from thighs, elbows pointed out. | Body compact; arms flat on floor; stomach pressed close to thighs for modesty. |
| **Jalsah / Tashahhud** | Sitting on left foot with right foot upright and toes facing Qibla (Iftirash). | Both legs shifted out to the right side, sitting directly on left hip (Tawarruk). |

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## Step 4: Daily Salah Tracker & Progress Log

Consistency is key to spiritual success. Print this page out and place it on your wall or study desk. Check off each prayer as you complete it throughout the week!

| Day | Fajr (2 Rakat) | Dhuhr (4 Rakat) | Asr (4 Rakat) | Maghrib (3 Rakat) | Isha (4 Rakat) | Sunnah / Witr |
|---|---|---|---|---|---|---|
| **Monday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Tuesday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Wednesday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Thursday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Friday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Saturday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Sunday** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

### Academy Scholar's Tip:

If you miss a prayer due to sleep or forgetfulness, perform its *Qada* as soon as you remember. Never give up on your daily connection with Allah!

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