

Namaz Ka Tarika: 13 Steps (Hanafi, men)

Every rakat: Fatiha, ruku, two sajdahs. Sit after every 2.

1

Niyat

Intend the prayer in your heart, facing the Qibla

2

Takbeer-e-tahrima

Allahu Akbar, thumbs to the earlobes

3

Hands below the navel

Right hand over the left

4

Sana

Subhanaka Allahumma wa bihamdika...

5

Ta'awwuz, Bismillah, Fatiha, Ameen

Then a surah or three short verses

6

Ruku

Subhana Rabbiyal 'Azim x3

7

Qawmah

Sami' Allahu liman hamidah, Rabbana wa lakal hamd

8

Sajdah

Subhana Rabbiyal A'la x3

9

Jalsa, second sajdah

Sit briefly, then a second sajdah: one rakat done

10

Second rakat

Fatiha, surah, ruku, two sajdahs

11

Tashahhud

Attahiyyatu lillahi... (finger raised at la ilaha)

12

Durood and dua

Durood-e-Ibrahimi, then Allahumma inni zalamtu nafsi...

13

Salam

As-salamu 'alaikum wa rahmatullah, right then left

3rd and 4th rakats of farz: Fatiha only. Full guide with Arabic: yaadenamaz.com/blog