



Quick Reference Guide Dhuhr (Noon Salah), Asr (Afternoon Salah) & Isha' (Evening Salah)

Unit 1
Focus




→

Recite:
Allaahu
Akbar




→

Recite:
1. Fatihah
2. Surah



→


Bow x 1
(Rukoo)



Prostrate x 2
(Sujood)


**End of
Unit 1**

Unit 2
Stand Up




→

Recite:
1. Fatihah
2. Surah



→

Bow x 1
(Rukoo)



Prostrate x 2
(Sujood)

**End of
Unit 2**

**Sitting
(Tashhahud)**




→

Recite:
Attahiyyaatu


**Stand
Up after
Testimony of Faith**

Unit 3




→

Recite:
Fatihah



→


Bow x 1
(Rukoo)



Prostrate x 2
(Sujood)


**End of
Unit 3**

Unit 4
Stand Up




→

Recite:
Fatihah



→

Bow x 1
(Rukoo)



Prostrate x 2
(Sujood)

**End of
Unit 4**

**Sitting
(Tashhahud)**



→

Recite:
Attahiyyaatu



→

Recite:
Blessings



→

Recite:
Tasleem
Right then
Left

**End of
Salah**