



Salat Review/Assessment



This assessment was prepared using "The Prophet's Prayer Described" as a reference

	1 st Rakah	2 nd Rakah	3 rd Rakah	4 th Rakah
Before the Prayer				
Came to pray unhurried, not playing				
Facing Qiblah				
Has appropriate sutrah				
Takbeer				
Raises hands properly				
Pronounces clearly, unhurried, audible				
Standing				
Hands placed correctly, right over left				
Looking at place of prostration				
Opening duaa said				
Isti'aadhah said				
Recitation				
Surah Fatihah recited				
Ameen said in jahri (out loud) prayers			x	x
Recitation of second surah			x	x
Takbeer				
Raises hands properly				
Pronounces clearly, unhurried, audible				
Rukoo				
Palms on knees, fingers spaced out				
Position of head, not too high nor drooped				
Pausing until every limb 'takes its place'				
Adkhaar (remembrance) said				
Straighten up from rukoo				
Say "Sami Allahu liman hamida"				
Standing				
Say Rabbanaa wa laka hamd, raise hands				
At ease until every limb "takes its place"				
Takbeer				
Say takbeer				
Sujood				
Go down on hands first (before knees)				
Hands spread on ground towards Qiblah				
Forehead, nose, knees, toes on ground				
Pause until limbs take their place				
Fore arms away from side				
Spine straight				
Adhkaar said				
Said Takbeer while raising head				
Sitting				
Sit muftarishan (left foot along ground sitting on it), Right foot upright, toes facing Qiblah				
At ease in sitting				
Adhkaar said				
Sujood-second				
Go down on hands first (before knees)				
Hands spread on ground towards Qiblah				
Forehead, nose, knees, toes on ground				
Pause until limbs take their place				
Fore arms away from side				



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	1 st Rakah	2 nd Rakah	3 rd Rakah	4 th Rakah
Spine straight				
Adhkaar said				
Said Takbeer while raising head				
Getting up				
Fists clenched, supporting body as raised				
Standing				
Pause until limbs "take their place"				
First Tashahud				
Sit muftarishan	X	X	X	X
Right palm on right thigh/knee Left palm on left thigh/knee	X	X	X	X
Point towards Qiblah with right index finger	X	X	X	X
Sight focused on finger	X	X	X	X
Recite tahiyah	X	X	X	X
Recite supplication of choice	X	X	X	X
Final Tashahud				
Sit muftarishan	X		X	
Right palm on right thigh/knee Left palm on left thigh/knee	X		X	
Point towards Qiblah with right index finger	X		X	
Sight focused on finger	X		X	
Recite tahiyah	X		X	
Send salaah on the Prophet (ﷺ)	X		X	
Seek Refuge from four things	X		X	
Supplicate as you wish	X		X	
Tasleem				
Turn to right first (cheek visible from back)	X		X	
Give salaam, not hurried	X		X	
Turn to left first (cheek visible from back)	X		X	
After the Prayer				
Made dhikr				