



Sharayi' al-Islam (Salat)

Lesson 31

Acts of Salah/ Ruku'

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Obligatory Acts of Salah

1. *Niyah*
2. *Takbirat al-Ihram*
3. *Qiyam*
4. *Qira'ah*
5. *Ruku'*

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Ruku'

Ruku' is *wajib* once in every *rak'ah*, except in eclipse and *ayat* prayers. **It is a *rukn*** any error in which invalidates the *salah*, whether intentionally or inadvertently.

The *Wajib* Acts in *Ruku'*

1. **Bowing down till the palms of the *musalli* reach his knees.** If his hands be so long that they can reach his knees without bowing down, he is required to bow in the same way as the ordinary people.

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✚ If a person be unable to bow due to an impediment, he may perform it in accordance with his ability. If he is unable absolutely to perform it, making a gesture will be sufficient.



2. **Calmness/motionlessness (*al-tuma'ninah*)** when saying the words of *ruku'*. If the *musalli* be sick and unable to do this, he is excused.

It is not permissible to perform *sajdah* straight away before returning to the standing position, unless when there is an excuse. If he be unable to return to the standing

position unless with leaning on a support, it will be *wajib* on him to use a support.

3. **Calmness while standing up**, which means that: he should stand straightly and stay motionless even if it be for a little while.

4. **Reciting the *tasbih* during *ruku'***. Some legists say that any *dhikr* is sufficient, regarding which there is disagreement. The least (agreed) sufficient formula for one having option is a single complete *tasbihah*: “*Subhana Rabbi al-‘azim wa bi-hamdih*” or just “*Subhanallah*” **thrice**.



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