

EIGHT SUNNATS OF RUKU

1. To say the Takbeer of Ruku. (Tahtaawee - pg.144)
2. To grasp the knees with the hands. (Tahtaawee - pg.145)
3. Whilst grasping the knees the fingers should be spread apart. (Ibid)
4. To keep the back straight. (Shami -Vol.1, pg. 365)
5. To keep (the calf of the legs) straight i.e the section from the ankles to the knee. (Shami -Vol.1, pg. 365)
6. To keep the head and the lower back in a straight line. (Shami -Vol.1, pg. 365)
7. To read **سُبْحَانَ رَبِّيَ الْعَظِيمِ** thrice in Ruku. (Tahtaawee - pg.144)
8. Whilst getting up from Ruku, the Imam should say **سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ** in a loud voice, whilst the followers should say **رَبَّنَا لَكَ الْحَمْدُ**. If one is performing Salaah alone, one should recite both (softly). One should stand and pause with ease after the Ruku before going into Sajdah. (Shami-Vol.1, pg. 327)