

Ruku (bowing)

Issue No.1- In every Rak'at, a person offering prayers should, after Qira'at, bow to an extent that he is able to rest his palms on his knees. This act is called Ruku.

Issue No.2- If the person performs Ruku in an unusual manner, like, if he bends towards left or right, his Ruku is not correct even if his hands reach his knees.

Issue No.3- A person who performs Ruku in the sitting position, should bow down till his face is parallel to his knees. And it is better that he should bow down as much as possible, in a manner that people say that his is bowing.

Issue No.4- It is wajib to say zikr during Ruku, and the Zikr of Ruku is: **Subhanallah** three times or **Subhana Rabbiyal 'Azimi wa bi hamdih** once or three times.

Issue No.5- If a person intentionally recites the Zikr of Ruku before he has properly bowed down, and before his body becomes still, his prayers will be void.

Issue No.6- If a person intentionally raises his head from Ruku before completing obligatory Zikr, his prayer is void.

Issue No.7- If someone raises his head after reaching Ruku, and bows down twice to the extent of Ruku, his prayer is void.

Issue No.8- After the completion of the Zikr of Ruku, one should stand straight, and proceed to Sajdah after the body

has become steady. If one goes to Sajdah intentionally before standing erect, or before the body is steady, the prayers are void.

Issue No.9- If a person forgets to perform Ruku, remembering it before Sajdah, he should stand up first, and then go into Ruku. It will not be proper for him to go into Ruku in a bent position.

Issue No.10- It is Mustahab that before going into Ruku, a person should say Takbir while he is standing erect. And when he rises after Ruku, it is Mustahab to say Sami'allahu liman hamidah. And then, it is Mustahab to say Takbir before Sajdah.
