

## Clenching One's Fists in Salah

<http://www.muftisays.com/forums/the-true-salaf-as-saliheen/6264/clenching-one-s-fists-in-salah.html>

There are many videos and talks on how to perform Salah, many of them say that it is Sunnah to Clench ones fists and place them on the ground to push yourself up to stand, many of these people try to mock those who don't do it and argue that when an evidence becomes clear, one should adopt it otherwise he/she will be sinful.

Certain people have quoted the following Hadith to argue that when a person rises to the next rak'ah he should support himself on clenched fists like a person kneading dough: **'When the Prophet (sallallahu 'alaihi wa sallam) would stand up in Salah he would place his hands upon the ground just as an aajin does.'**

They have taken the word aajin to mean 'one who kneads dough'. However, Hafidh Ibn Hajar (rahmatullaahi 'alaih) says in al-Talkhees al-Habeer: **'Ibn al-Salah (ra) has said in his notes on al-Waseet that this Hadeeth is not authentic and is unknown. It is not permissible to use it in evidence. Nawawi (ra) has also said in Sharh al-Muhaddhab that this Hadith is weak or false, it has no basis.'**

Hafidh Ibn Hajar also says later: **'Ibn al-Salah has said that many non-Arabs have acted on this (clenching their fists as though kneading dough). This is tantamount to establishing a posture of Salah that has no relationship to it with an inauthentic Hadith. Even if the Hadith was authentic this is not its meaning because aajin means an old man.'** (al-Talkhees al-Habeer 1/260)

After quoting a poem to prove his point about the correct meaning of the word aajin, Ibn al-Salah (rahmatullaahi 'alaih) goes on to say that the parable to be understood from 'ajin' (the root from which the word 'aajin' is derived) is the heavy leaning on the hands (palms) for support, not the clenching of the fists.

(Salah of a Believer in the Qur'an and Sunnah, Shaykh Riyadh UI Haq)