

The 8 steps of wudu

Printable summary sheet - Muslim Guard

1



The intention (Niyyah)

It all begins in your heart before touching the water.

2



Wash the hands

3x

Wash your hands three times up to the wrists.

3



Rinse the mouth and nose

3x

Rinse your mouth and nose with the same handful of water.

4



Wash the face

3x

Wash your whole face, from the left ear to the right ear.

5



Wash the arms

3x

Wash your arms, making sure to include the elbows.

6



Wipe the head

1x

Pass your wet hands over your entire head.

7



Wipe the ears

1x

Wipe the inside and outside of your ears.

8



Wash the feet

3x

Wash your feet up to and including the ankles.