QURAN FLOW

A TAJWEED COMPANION

THE 4 QULS CHALLENGE

with Ustadh Adam

Four surahs you know by heart. Four rules that make them beautiful. A keepsake from your challenge with Quran Flow.

YOU ALREADY KNOW EVERY WORD.

You've been reciting the 4 Quls your whole life. In salah, before sleep, over the people you love. The words are already yours.

This challenge is about what those words sound like when every layer is there. The nūn that hums. The Ra that carries its weight. The letters that merge, and the alif that disappears. Four surahs, four rules, and a recitation you'll love coming back to.

This little book is yours to keep. Print it, tuck it into your mushaf, share it with whoever might benefit. Each page pairs with one of Ustadh Adam's video lessons: watch him bring the rule to life, then keep the page beside you while you practice.

Watch the lessons at **quranflow.org/qulchallenge**

THE QURAN FLOW PROGRAM

A 15-week structured path through tajweed, built for adults who want to recite with confidence. Daily practice in the app, paired with live coaching from qualified teachers.

No jargon. No pressure to be somewhere you aren't. Just a clear way forward, alongside people walking the same road.

Join the Quran Flow program →

quranflow.org

Yours,
The Quran Flow Team

— THIS LESSON · SŪRAH AN-NĀS —

The Nūn with Shaddah

When the nūn carries the strong W-shaped sign on top, it wants to be held. **Gently, in your nose, for two counts.**

FIND IT IN SŪRAH AN-NĀS

an-nnnnn-nās · hold the n for two counts.

WHERE IT LIVES

A SOFT HUM IN YOUR NOSE

The sound doesn't come from your mouth — it hums **in your nasal passage.**

1 The rule

When the nūn carries a shaddah — the strong W-shaped sign on top — it wants to be held. **Gently, in your nose, for two counts.**

2 Feel it

Place two fingers gently on the sides of your nose as you say *An-Nās*. Feel that soft hum in the "N"? **That's exactly where the sound lives.**

3 Count it

A count is the time it takes to say "a" or "i" or "u." **Twice as long,** in your nasal passage, and you've got it.

4 Today's practice

Recite Sūrah An-Nās once, slowly. Every nūn with shaddah gets its two counts. **That's your only focus today.**

Watch this lesson

The 4 Quls Challenge · An-Nās

READY TO GO DEEPER?

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— THIS LESSON · SŪRAH AL-FALAQ —

The Letter Ra: Heavy & Light

One letter, two weights. The difference comes down to **the vowel it carries — and what your tongue does about it.**

HEAVY RA

بِرَبِّ

Bi-Rabbi. When Ra carries an A or U sound.

LIGHT RA

شَرِّ

Sharri. When Ra carries an I sound.

1 Make it heavy

Elevate the **rear of your tongue** and curve the sides towards the roof of your mouth. That full, rounded Ra — that's the heavy one.

2 Make it light

Keep your tongue **completely flat.** No elevation at the back. Feel it in *Sharri*: flat tongue, straight through.

3 A note on rolling

Ra isn't a Spanish R. **We don't roll it.** A flat tongue on the light Ra is all it takes.

4 Today's practice

Recite Sūrah Al-Falaq slowly. Pause on every Ra and **give it its correct weight,** heavy or light. That's your only focus today.

Watch this lesson

The 4 Quls Challenge · Al-Falaq

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— THIS LESSON · SŪRAH AL-IKHLĀṢ —

When Letters Merge

In the final āyah, the nūn disappears and flows straight into the lām. **Wa lam yakul-lahu — not yakun-lahu.**

THE FINAL ĀYAH

وَلَمْ يَكُن لَّهُۥ

Wa lam yakul-lahu. The nūn disappears and flows straight into the lām.

NŪN MERGES INTO LĀM

نْ → لّ

Nūn with a Rest Sign, followed by lām with a Strong Sign: **the nūn merges completely.**

1 The rule

When nūn (ن) with a Rest Sign is followed by lām (ل) with a Strong Sign, the nūn **merges completely into the lām.**

2 What you'll hear

You won't hear the nūn at all. It's **fully absorbed** into the lām that follows.

3 Listen for the moment

Recite the final āyah slowly and listen for the moment the nūn lets go and the lām takes over.

4 Today's practice

Recite Sūrah Al-Ikhlāṣ slowly. At *wa lam yakul-lahu*, pause and **let the nūn fully merge** into the lām before moving on.

Watch this lesson

The 4 Quls Challenge · Al-Ikhlāṣ

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— THIS LESSON · SŪRAH AL-KĀFIRŪN —

The Zero on Alif

It means exactly what it looks like: **zero. Cancel it out** — unless you're stopping on it.

CONTINUING → SKIP IT

No stretch, no extra sound. Move straight through **as if the alif isn't there.**

STOPPING ■ PRONOUNCE IT

GIVE IT ITS SOUND

If you stop on the word that carries the zero alif, **give the alif its sound.**

1 The whole rule

Stopping on it: pronounce it. Continuing through it: cancel it. **That's the whole rule.**

2 Watch for the symbol

Keep an eye out for that small zero on the alif. As you recite continuously, **let it go and keep flowing.**

3 Beyond today

This symbol appears throughout the entire Quran. Every time you see it going forward, you'll know exactly what to do with it.

4 Today's practice

Recite Sūrah Al-Kāfirūn slowly. When you reach the zero alif, make a conscious choice: **continuing or stopping?** Let that guide what comes out.

Watch this lesson

The 4 Quls Challenge · Al-Kāfirūn

READY TO GO DEEPER?

Enroll at QuranFlow.org →

YOU DID THE WORK.

Tajweed isn't a finish line. It's a way of meeting the Quran more closely every time you open it.

Whatever happens after you close this book, what you built here stays with you. The nūn that hums in An-Nās. The Ra that knows its weight in Al-Falaq. The merge in Al-Ikhlāṣ. The zero alif in Al-Kāfirūn. These aren't lessons anymore. They're yours, in every salah, for life.

And the 4 Quls are four surahs. The Quran holds 114.

If you're ready to keep building, we'd love to walk the next stretch with you.

KEEP GOING WITH QURAN FLOW.

Fifteen weeks. Live coaching. A clear path through tajweed for busy adults. The 4 Quls were your first taste; Quran Flow takes you surah by surah until every recitation sounds like you at your most beautiful.

Join the Quran Flow program →

REGISTRATION CLOSES AUGUST 3

With du'a,
The Quran Flow Team

QURAN FLOW