FREE GUIDE · TAJUL FURQAN ACADEMY

Self-Hifz *Quick Start*

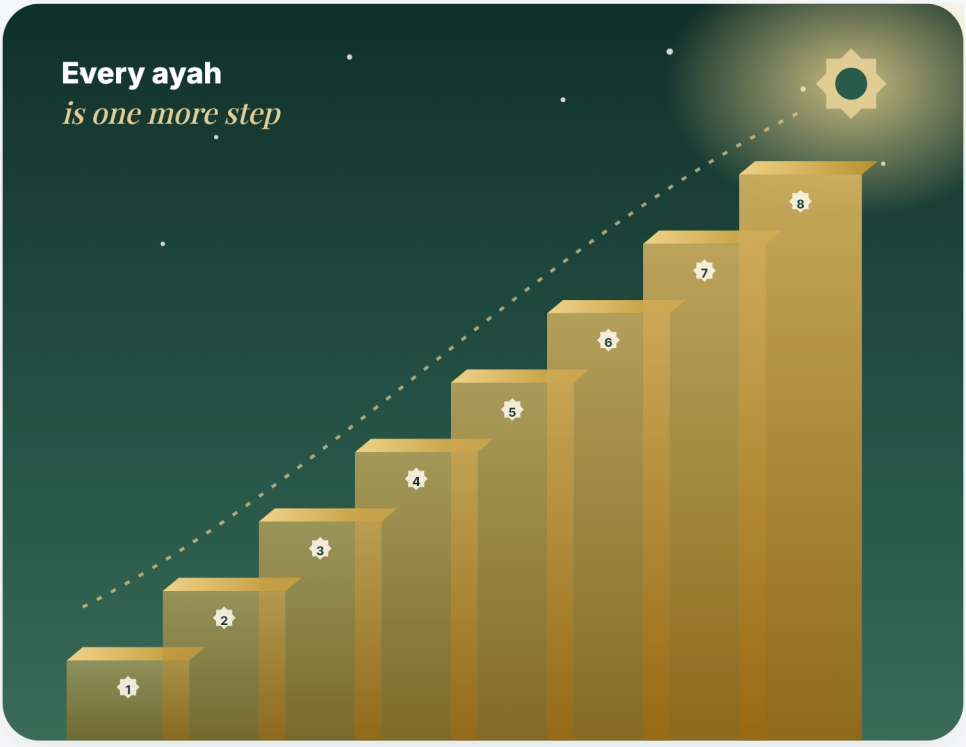
Begin memorizing the Qur'an tomorrow morning.
By yourself, at home, at your own pace.



A 15-MINUTE READ · 14 PAGES

01 WHY START

Every ayah lifts you higher.



وَلَقَدْ يَسَّرْنَا ٱلْقُرْءَانَ لِلذِّكْرِ فَهَلْ مِن مُّدَّكِرٍ

"And We have certainly made the Qur'an easy for remembrance, so is there any who will remember?"

QUR'AN 54:17 · AL-QAMAR

Finding it hard?

"...such a person exerts himself to learn the Qur'an by heart, and recites it with great difficulty, will have a **double reward**."

SAHIH AL-BUKHARI 4937

Recite and rise

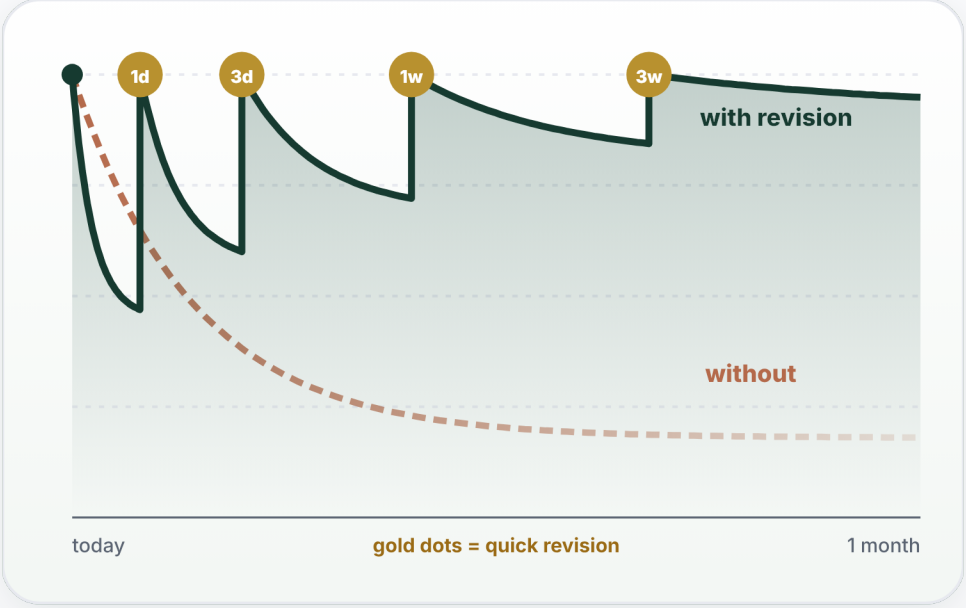
"Recite, and rise up... For indeed your rank shall be at the **last Ayah you recited**."

JAMI' AT-TIRMIDHI 2914 · HASAN

02 HOW MEMORY WORKS

Your memory, in 60 seconds.

New lines fade fast. A quick revision at the right moment resets the curve, and every reset makes it fade slower.





Test, don't re-read

Close the mushaf and recall. That is what builds memory.



Say it out loud

Silent reading hides mistakes. Your voice exposes them.



Small pieces

Your mind holds about four chunks at once. Work in small pieces.



Sleep seals it

Review today's lines before bed. Sleep does the rest.

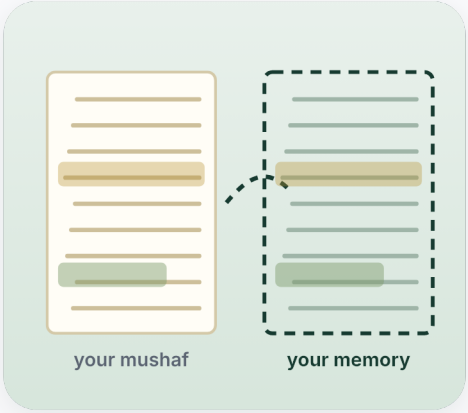
03 BEFORE LINE ONE

Two things before your first line.



Check your reading

Recite one page to someone who reads well. Fix your **makharij and harakat now**, because **a mistake you memorize is a mistake you keep**.



One mushaf, every day

Same copy, same page layout, every session. Your mind stores **where each ayah sits** on the page, and that picture becomes a second memory.



Uthmani
604 pages

or



Indo-Pak
611 pages

DO IT TODAY

Pick one.

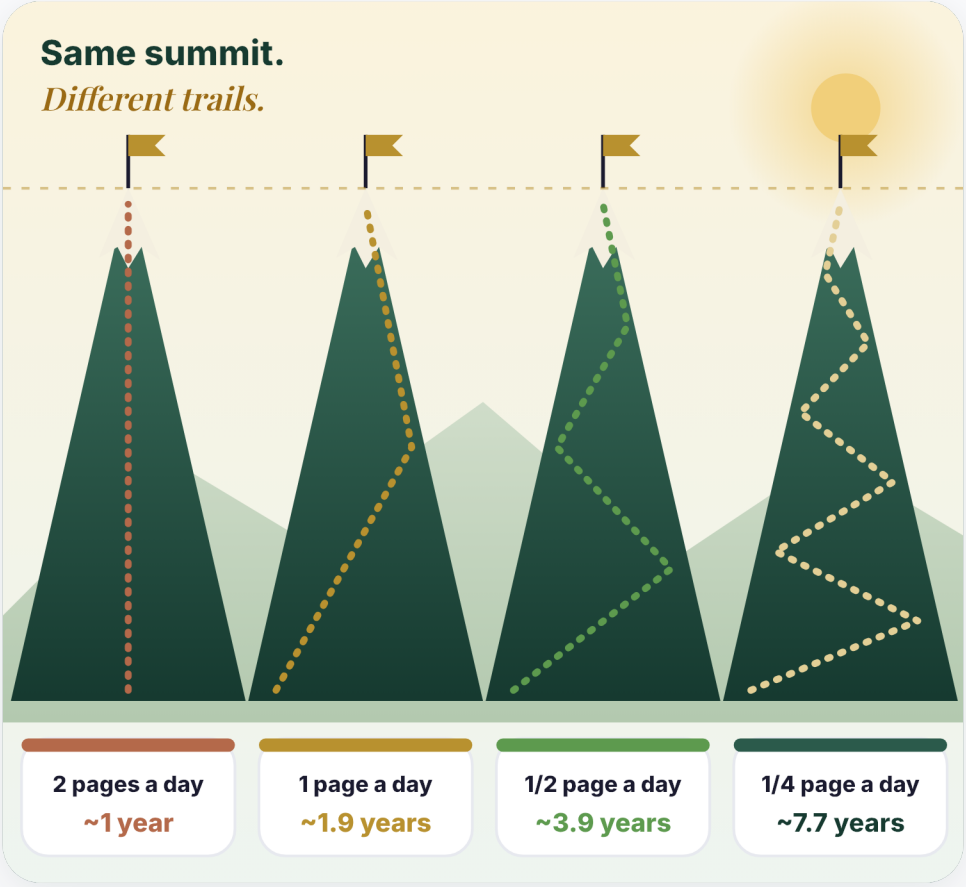
Keep it until your final page.

Avoid: switching between copies, apps and reciters. Each switch quietly resets the anchors you have built.

04 YOUR PACE

Pick a pace you can keep for years.

Every trail reaches the top. The right one is the one you will still be walking next year.

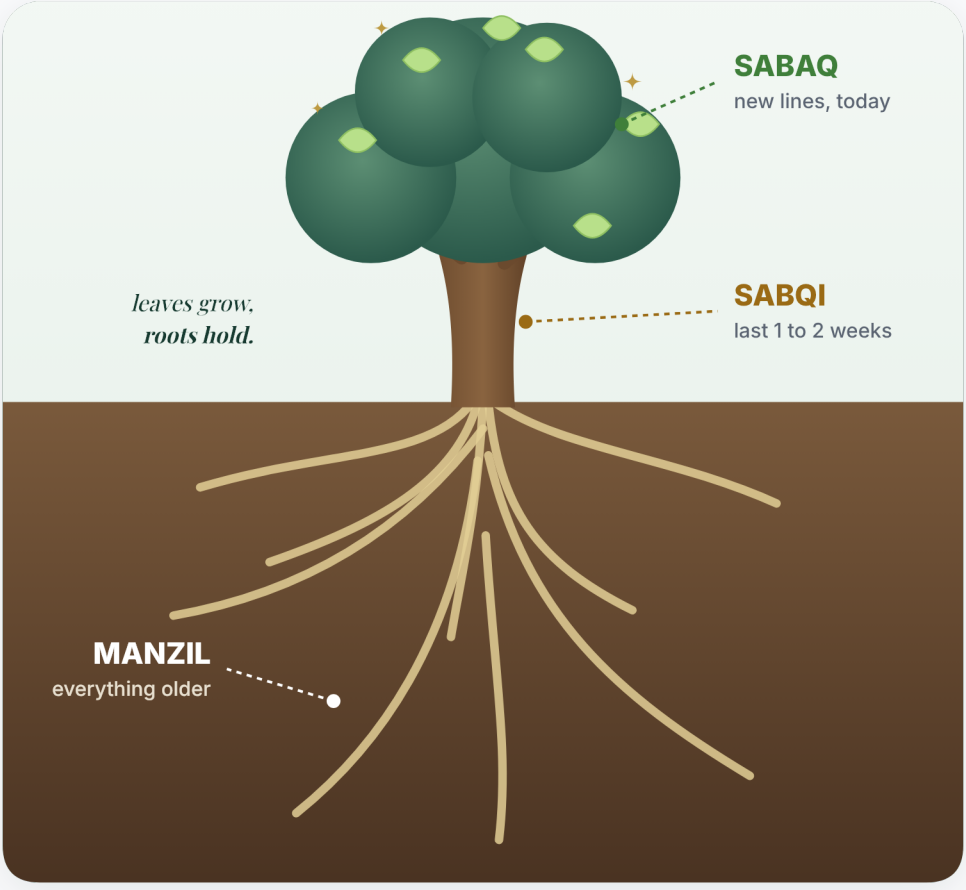


Sabaq minutes per day ÷ 15 × **your pace** pages per 15 min = **pages** per day

Full Qur'an, 604 pages, 6 study days a week, before breaks. The seventh day is revision only.

05 THE DAILY SYSTEM

Three pillars. Every single day.



Sabaq
20 to 30 min
New lines. Your sharpest time.

Sabqi
15 to 20 min
The last 1 to 2 weeks. Most fragile.

Manzil
20 to 30 min
Everything older, in rotation.

Busy day? Sabaq can wait a day. **Never skip Manzil.** Skipped pages slip away quietly and must be memorized again.

06 TECHNIQUES, PART 1

The three-stage repeat.

Repeat with a plan, not on autopilot. Only stage three proves a line is yours.

1

READ

5x

eyes on the line

2

GLANCE AWAY

5x

look up between words

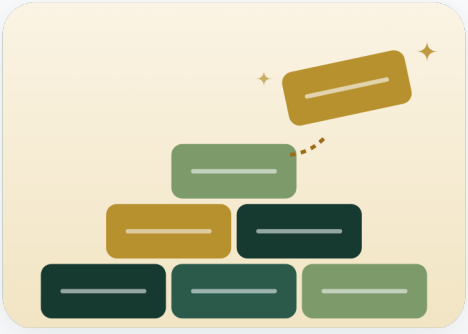
3

RECITE

until clean

eyes closed, out loud

~10	~15	20+
short ayah	medium ayah	long or hard ayah



Chunking

Long ayah? Split it at natural pauses. Master piece one, then add piece two, then join them. **Brick by brick.**

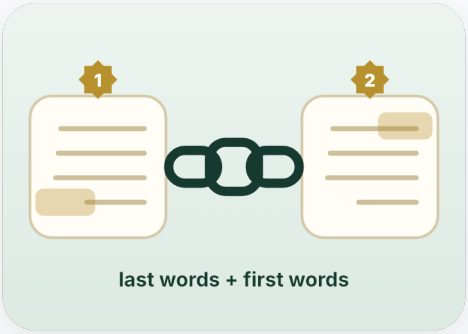


Cover and reveal

Cover the page with a card. Recite the next ayah, slide the card down, check every word. Wrong? Repeat it 3 times.

07 TECHNIQUES, PART 2

Join the ayat. Train your ears.





Linking

Never memorize an ayah alone. Practise the seam: the last words of one ayah straight into the first words of the next, until the page flows as one.

Listening

Choose **one reciter** and stay with them. Play today's lines before you start, and replay them on the commute. One voice, one rhythm.

Familiar is not memorized. After a week of listening, a surah feels known. Close the mushaf and test it. The gaps you find are the work.

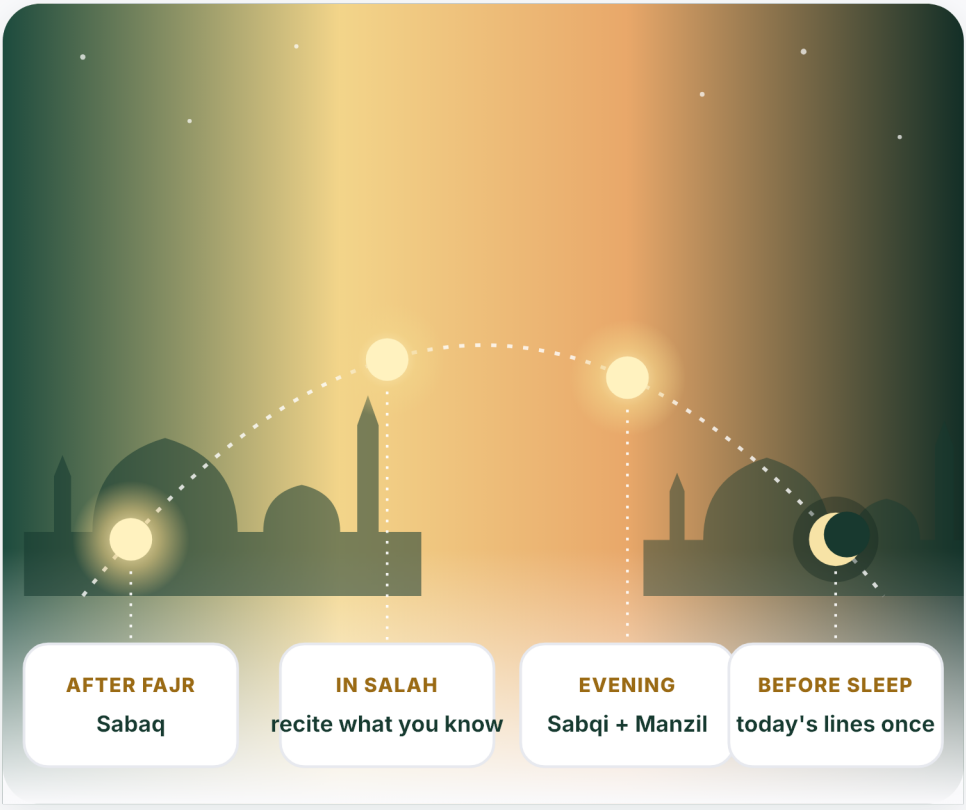
"Short and frequent beats long and rare."



08 YOUR DAILY ROUTINE

A day built around the Qur'an.

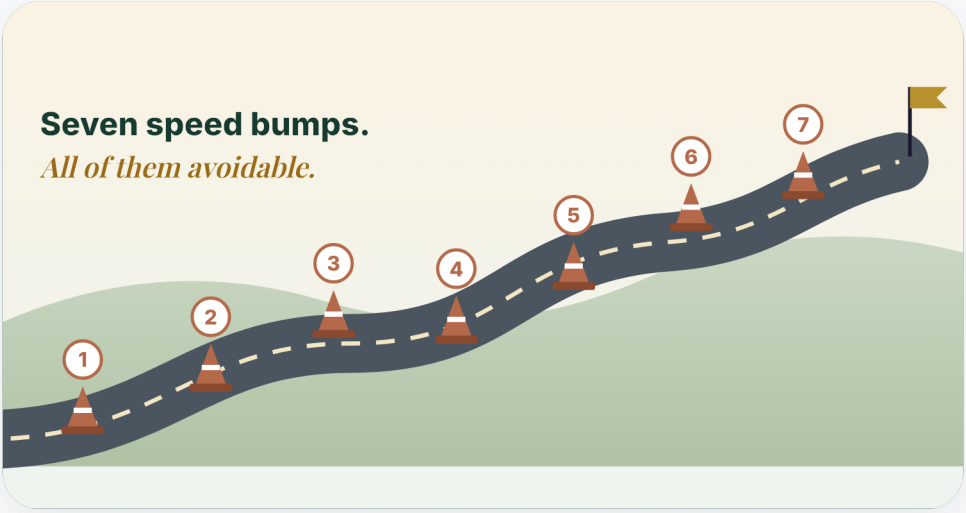
Same 20 minutes, right time of day, better results. Timing costs nothing.



- **Mornings for new lines.** Your mind is clearest after Fajr, before messages pile up.
- **Revise anywhere.** Sabqi and Manzil fit the commute, waiting time and your sunnah prayers.
- **Exhausted? No new lines.** Revise instead. Tired memorizing is wasted memorizing.

09 WATCH OUT

Seven things that slow Hifz down.



Too much new Sabaq
→ Slow down until revision keeps up.

Treating Manzil as optional
→ Rotate it every day, even 10 minutes.

Memorizing silently
→ Recite out loud, always.

Switching copies or reciters
→ One mushaf, one reciter.

Comparing your pace
→ A pace that lasts beats a fast one.

Skipping the meaning
→ Read a short translation first.

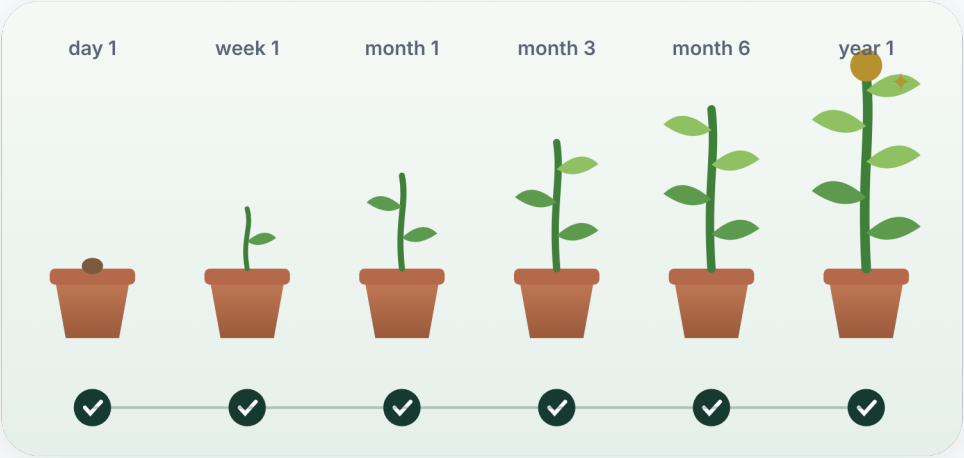
Cramming
→ Little and often, spaced out.

Avoid these seven
and steady beats fast, every time.

10 STAY CONSISTENT

Show up small. Show up daily.

Habits take time, not willpower. The plant does not grow faster if you shout at it.



Write your plan as "after I ..., I will ..."

After I pray Fajr **I will** memorize 5 new lines

After I pray Maghrib **I will** revise my Sabqi

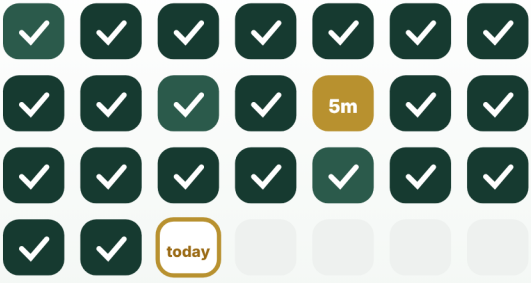
After I _____ **I will** _____

YOUR CHAIN

Make it visible.

Don't break it twice.

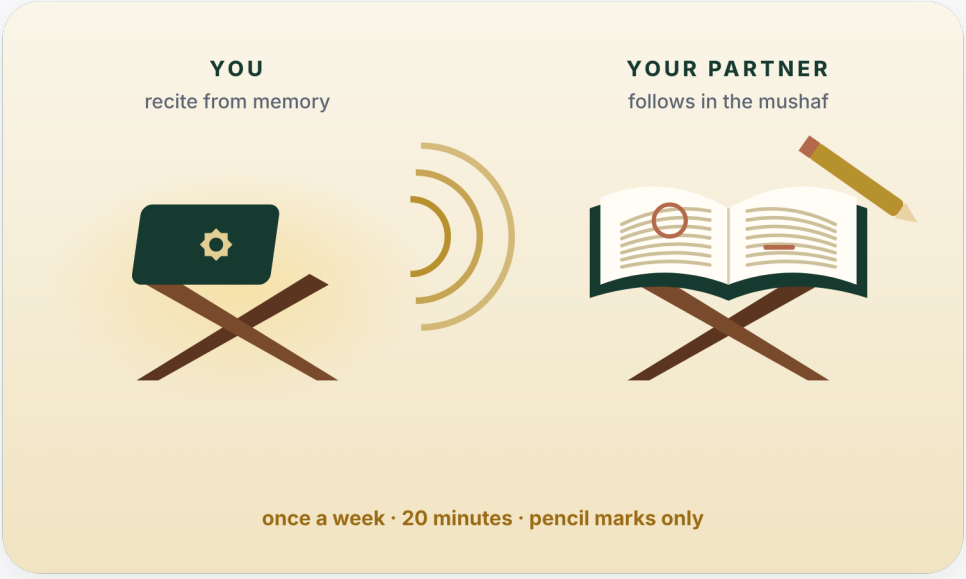
- low day: 5 min of Manzil
- full session done



11 THE ONE THING YOU ADD

One listener, once a week.

You cannot hear the mistakes you no longer notice. A wrong vowel repeated a hundred times starts to sound right.



1. Recite this week's Sabqi without stopping
2. They mark slips in pencil, no teaching
3. You fix each mark during the week

Who can listen? Mother · Sibling · Spouse · Friend · A fellow memorizer

They only need to read correctly. Even the Prophet ﷺ listened to others recite:

The Prophet ﷺ said to Ibn Mas'ud, "Recite (the Qur'an) to me." He said, "Shall I recite it to you while it has been revealed to you?" He said, "Yes."

SAHIH AL-BUKHARI 5050

12 YOUR FIRST WEEK

The 7-day starter.

Print it, or copy it into a notebook. Tick each box. That is the whole job this week.

	D1	D2	D3	D4	D5	D6	D7
Sabaq after Fajr (stages 1, 2, 3)	☐	☐	☐	☐	☐	☐	☐
Sabqi: last 1 to 2 weeks	☐	☐	☐	☐	☐	☐	☐
Manzil: one portion in rotation	☐	☐	☐	☐	☐	☐	☐
Recited out loud, mushaf closed	☐	☐	☐	☐	☐	☐	☐
Listened to today's lines	☐	☐	☐	☐	☐	☐	☐
Reviewed today's lines before sleep	☐	☐	☐	☐	☐	☐	☐
Partner session (day 7)							☐

My mushaf .....

My reciter .....

My daily Sabaq .....

My partner .....

YOUR NEXT STEP

Let the plan run itself.

You now have the method. **HifzBuddy Pro** runs it for you: every morning it tells you exactly what to memorize and what to revise.



Your plan, built for you
from your goal, pace and daily time

Sabaq, Sabqi, Manzil
worked out for every single day

Missed a day?
the plan shifts itself

Your finish date
projected and updated live

Start with HifzBuddy Pro →
tajulfurqan.com/hifzbuddy