

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَنِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وُلُودِ آدَمَ كَمَا يُحِبُّ وَيُرِضِي بَأْنُ يُصْلِي عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,

The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon  
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his  
companions – *may Allah be pleased with them all*

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## The Holy Prophet defeats a Wrestler

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The Historian, Ibn Ishaaq, and others have written that there was once in Mecca Shareef a very powerful and strong wrestler. His name was Abu Rukaanah bin Abde Yazeed bin Hashim bin Abdul Mutallib bin Abde Manaf bin Qusay Al Qarashi Al Mutallabi. He was also well learned in the art of wrestling and his name and fame had spread to all corners of Arabia. Many people came from all corners to challenge him but none of them managed to beat him.

One day, he was walking in a certain valley when he met the Holy Prophet - *may Allah's peace and blessings be upon him* - who asked him, "O Rukaanah! Do you not fear Allah Almighty and do you not accept my message?"

Rukaanah replied, "If you can beat me in wrestling, then I will accept your message."

The Holy Prophet - *may Allah's peace and blessings be upon him* - replied, "If that is the case, then you should prepare to wrestle."

They then began to fight and the Holy Prophet - *may Allah's peace and blessings be upon him* - threw him to the floor. The second time also, the same thing happened. The third time also, the same thing happened. Obviously Rukaanah was extremely surprised and he began to think how like this something could happen. He also knew that he had beaten numerous opponents in the past and no one was able to throw him to the floor that easy before. He then mentioned the Holy Prophet - *may Allah's peace and blessings be upon him*, "Your affairs are very strange indeed, (in other words, you are extremely strong)." Rukaanah then accepted Islam keeping to his promise.

Some historians are of the opinion that he only accepted during the conquest of Mecca Shareef. He passed away during the reign of Hadrat Sayyiduna Ameer Mu'awiyah - *may Allah be pleased with him* - in 46 A.H. He has also narrated a Hadith from the Holy Prophet - *may Allah's peace and blessings be upon him*, which is, "There is a special quality in every religion and the special quality of this religion (Islam), is modesty." (Musnad Imam Ahmed, Abu Daud)