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How to Use This Journal

كَيْفَ تَسْتَخْدِمُ هٰذا الدَّفْتَرَ

1 **Learn the pattern first.**

Each part opens with a worked example using كَتَبَ. Study it before you fill in the practice pages.

2 **Conjugate every new verb.**

Write it in the past, present, future and command tables (Parts 1–4). Say each form aloud as you write it.

3 **Find its family.**

In Roots & Verb Patterns (Part 5), write the root and discover the other words that grow from it.

4 **Save it in your treasury.**

Every verb goes into the Verb Treasury (Part 6) with all its forms and a sentence of your own. Nouns go into the Noun Treasury (Part 7).

5 **Review every week.**

Fill in one Weekly Review page (Part 8), test yourself by folding the page, and colour in the Word Tracker.

6 **Need new words?**

Choose from the Starter Word Lists (Part 9): 100 common verbs and 100 common nouns.

THREE HABITS THAT WORK

1. Write every ḥaraka (vowel mark). It trains your eye and your pronunciation.
2. Little and often: 3 new words a day is more than 1,000 words a year.
3. Use it or lose it: put every new word into a sentence the same day.

Pronouns & Key

الضَّمائِرُ وَالرُّمُوزُ

Every conjugation table in this journal uses these 14 pronouns, in this order.

المَعْنَى ENGLISH	الجِنْس GENDER	العَدَد NUMBER	الشَّخْص PERSON	الضَّمِيرُ PRONOUN
he	m.	singular	3rd	هُوَ
they two	m.	dual	3rd	هُما
they	m.	plural	3rd	هُمْ
she	f.	singular	3rd	هِيَ
they two	f.	dual	3rd	هُما
they	f.	plural	3rd	هُنَّ
you	m.	singular	2nd	أَنْتَ
you two	m.	dual	2nd	أَنْتُما
you all	m.	plural	2nd	أَنْتُمْ
you	f.	singular	2nd	أَنْتِ
you two	f.	dual	2nd	أَنْتُما
you all	f.	plural	2nd	أَنْتُنَّ
I	m./f.	singular	1st	أَنا
we	m./f.	dual/plural	1st	نَحْنُ

m. masculine · f. feminine · dual = two people · plural = three or more

Root الجِذْر: the three core letters a word is built from.

Pattern الوَزْن: the shape a word follows, such as فَعَّلَ or تَفَعَّلَ.

Word Tracker

عَدّادُ الكَلِماتِ

Colour in one box for every new word you learn. Can you reach 300?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135
136	137	138	139	140	141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160	161	162	163	164	165
166	167	168	169	170	171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190	191	192	193	194	195
196	197	198	199	200	201	202	203	204	205	206	207	208	209	210
211	212	213	214	215	216	217	218	219	220	221	222	223	224	225
226	227	228	229	230	231	232	233	234	235	236	237	238	239	240
241	242	243	244	245	246	247	248	249	250	251	252	253	254	255
256	257	258	259	260	261	262	263	264	265	266	267	268	269	270
271	272	273	274	275	276	277	278	279	280	281	282	283	284	285
286	287	288	289	290	291	292	293	294	295	296	297	298	299	300

1

How the Past Tense Works

تَصْرِيفُ الفِعْلِ الماضي

The past tense (الماضي) is for finished actions. Start from the "he" form, which is also the dictionary form: كَتَبَ, "he wrote". Keep the stem كَتَبَ and add the ending for each person.

الضَّمِيرُ PRONOUN	الفِعْلُ VERB	اللّاحِقَةُ ENDING	المَعْنَى MEANING
هُوَ	كَتَبَ	ـَ	he wrote
هُما	كَتَبا	ـا	they two wrote
هُمْ	كَتَبُوا	ـُوا	they wrote
هِيَ	كَتَبَتْ	ـَتْ	she wrote
هُما	كَتَبَتا	ـَتا	they two wrote
هُنَّ	كَتَبْنَ	ـْنَ	they wrote
أَنْتَ	كَتَبْتَ	ـْتَ	you wrote
أَنْتُما	كَتَبْتُما	ـْتُما	you two wrote
أَنْتُمْ	كَتَبْتُمْ	ـْتُمْ	you all wrote
أَنْتِ	كَتَبْتِ	ـْتِ	you wrote
أَنْتُما	كَتَبْتُما	ـْتُما	you two wrote
أَنْتُنَّ	كَتَبْتُنَّ	ـْتُنَّ	you all wrote
أَنا	كَتَبْتُ	ـْتُ	I wrote
نَحْنُ	كَتَبْنا	ـْنا	we wrote

Tip: when the ending starts with a consonant, the last root letter takes a sukūn:

كَتَبْتُ · كَتَبْنا · كَتَبْنَ

VERB الفِعْل	ROOT الجِذْر	MEANING المَعْنَى

PRONOUN الضَّمِيرُ	WRITE THE PAST TENSE الماضي	MEANING المَعْنَى
هُوَ he		
هُما they two (m)		
هُمْ they (m)		
هِيَ she		
هُما they two (f)		
هُنَّ they (f)		
أَنْتَ you (m)		
أَنْتُما you two (m)		
أَنْتُمْ you all (m)		
أَنْتِ you (f)		
أَنْتُما you two (f)		
أَنْتُنَّ you all (f)		
أَنا I		
نَحْنُ we		

12 Essential Verb Patterns

أَشْهَرُ أَوْزانِ الفِعْلِ

These are the 12 most-used verb patterns in Arabic. The first five are plain three-letter verbs; the other seven add letters to the root. Learn one model verb for each pattern and you can recognise hundreds of words.

THREE-LETTER VERBS الثُّلاثِيُّ المُجَرَّدُ

الوَزْنُ PATTERN	الماضي PAST	المُضارِعُ PRESENT	المَصْدَرُ VERBAL	اسْمُ الفاعِلِ ACTIVE	اسْمُ المَفْعُولِ PASSIVE
فَعَلَ يَفْعُلُ	نَصَرَ	يَنْصُرُ	نَصْر	ناصِر	مَنْصُور
فَعَلَ يَفْعِلُ	ضَرَبَ	يَضْرِبُ	ضَرْب	ضارِب	مَضْرُوب
فَعِلَ يَفْعَلُ	سَمِعَ	يَسْمَعُ	سَمْع	سامِع	مَسْمُوع
فَعَلَ يَفْعَلُ	فَتَحَ	يَفْتَحُ	فَتْح	فاتِح	مَفْتُوح
فَعُلَ يَفْعُلُ	كَرُمَ	يَكْرُمُ	كَرَم	كَرِيم*	—

VERBS WITH ADDED LETTERS الثُّلاثِيُّ المَزِيدُ

أَفْعَلَ يُفْعِلُ	أَكْرَمَ	يُكْرِمُ	إِكْرام	مُكْرِم	مُكْرَم
فَعَّلَ يُفَعِّلُ	صَرَّفَ	يُصَرِّفُ	تَصْرِيف	مُصَرِّف	مُصَرَّف
تَفَعَّلَ يَتَفَعَّلُ	تَقَبَّلَ	يَتَقَبَّلُ	تَقَبُّل	مُتَقَبِّل	مُتَقَبَّل
فاعَلَ يُفاعِلُ	قابَلَ	يُقابِلُ	مُقابَلَة	مُقابِل	مُقابَل
اِفْتَعَلَ يَفْتَعِلُ	اِجْتَنَبَ	يَجْتَنِبُ	اِجْتِناب	مُجْتَنِب	مُجْتَنَب
اِسْتَفْعَلَ يَسْتَفْعِلُ	اِسْتَنْصَرَ	يَسْتَنْصِرُ	اِسْتِنْصار	مُسْتَنْصِر	مُسْتَنْصَر
اِنْفَعَلَ يَنْفَعِلُ	اِنْكَسَرَ	يَنْكَسِرُ	اِنْكِسار	مُنْكَسِر	—

— means there is no passive participle. * كَرُمَ uses the adjective كَرِيم instead of an active participle.

One Root, Many Words

مِثالٌ: جِذْرُ ع ل م

ROOT الجِذْرُ			CORE MEANING المَعْنَى الأَصْلِيُّ
ع	ل	م	knowledge, knowing

الوَزْنُ PATTERN	الماضي PAST	المُضارِعُ PRESENT	المَصْدَرُ VERBAL N.	اسْمُ الفاعِلِ ACTIVE	اسْمُ المَفْعُولِ PASSIVE	المَعْنَى MEANING
فَعَلَ	عَلِمَ	يَعْلَمُ	عِلْم	عالِم	مَعْلُوم	to know
أَفْعَلَ	أَعْلَمَ	يُعْلِمُ	إِعْلام	مُعْلِم	مُعْلَم	to inform
فَعَّلَ	عَلَّمَ	يُعَلِّمُ	تَعْلِيم	مُعَلِّم	مُعَلَّم	to teach
تَفَعَّلَ	تَعَلَّمَ	يَتَعَلَّمُ	تَعَلُّم	مُتَعَلِّم	مُتَعَلَّم	to learn
فاعَلَ	—					
اِفْتَعَلَ	—					
اِسْتَفْعَلَ	اِسْتَعْلَمَ	يَسْتَعْلِمُ	اِسْتِعْلام	مُسْتَعْلِم	مُسْتَعْلَم	to inquire
اِنْفَعَلَ	—					

— means the pattern is not used with this root. The first row is the plain three-letter verb, whichever of the five vowel patterns it follows. No root uses every pattern, so don't worry about empty rows.

How to Fill In a Verb Card

كَيْفَ تَمْلَأُ بِطاقَةَ الفِعْلِ

MEANING المَعْنَى **to write**		PATTERN فَعَلَ يَفْعُلُ	ROOT ك ت ب
COMMAND الأَمْر	FUTURE المُسْتَقْبَل	PRESENT المُضارِع	PAST الماضي
اُكْتُبْ	سَيَكْتُبُ	يَكْتُبُ	كَتَبَ
PREPOSITION حَرْفُ الجَرّ	PASSIVE PART. اسْمُ المَفْعُول	ACTIVE PART. اسْمُ الفاعِل	VERBAL NOUN المَصْدَر
إِلَى	مَكْتُوب	كاتِب	كِتابَة
SENTENCE جُمْلَةٌ			
كَتَبَ الطّالِبُ الدَّرْسَ فِي دَفْتَرِهِ.			

MEANING المَعْنَى **to sit**		PATTERN فَعَلَ يَفْعِلُ	ROOT ج ل س
COMMAND الأَمْر	FUTURE المُسْتَقْبَل	PRESENT المُضارِع	PAST الماضي
اِجْلِسْ	سَيَجْلِسُ	يَجْلِسُ	جَلَسَ
PREPOSITION حَرْفُ الجَرّ	PASSIVE PART. اسْمُ المَفْعُول	ACTIVE PART. اسْمُ الفاعِل	VERBAL NOUN المَصْدَر
عَلَى / فِي	—	جالِس	جُلُوس
SENTENCE جُمْلَةٌ			
جَلَسْتُ عَلَى الكُرْسِيِّ.			

Write — when a form doesn't exist: جَلَسَ takes no object, so it has no passive participle.

Preposition: the small word that often comes with the verb, like عَلَى after جَلَسَ.

MEANING المَعْنَى		PATTERN الوَزْن	ROOT الجِذْر
COMMAND الأَمْر	FUTURE المُسْتَقْبَل	PRESENT المُضارِع	PAST الماضي
PREPOSITION حَرْفُ الجَرّ	PASSIVE PART. اسْمُ المَفْعُول	ACTIVE PART. اسْمُ الفاعِل	VERBAL NOUN المَصْدَر
SENTENCE جُمْلَةٌ			

MEANING المَعْنَى		PATTERN الوَزْن	ROOT الجِذْر
COMMAND الأَمْر	FUTURE المُسْتَقْبَل	PRESENT المُضارِع	PAST الماضي
PREPOSITION حَرْفُ الجَرّ	PASSIVE PART. اسْمُ المَفْعُول	ACTIVE PART. اسْمُ الفاعِل	VERBAL NOUN المَصْدَر
SENTENCE جُمْلَةٌ			

MEANING المَعْنَى		PATTERN الوَزْن	ROOT الجِذْر
COMMAND الأَمْر	FUTURE المُسْتَقْبَل	PRESENT المُضارِع	PAST الماضي
PREPOSITION حَرْفُ الجَرّ	PASSIVE PART. اسْمُ المَفْعُول	ACTIVE PART. اسْمُ الفاعِل	VERBAL NOUN المَصْدَر
SENTENCE جُمْلَةٌ			

Week 1 Review مُراجَعَةُ الأُسْبُوعِ

DATES التّارِيخُ	NEW WORDS كَلِماتٌ جَدِيدَةٌ	TOTAL SO FAR المَجْمُوعُ

NEW WORDS · FOLD ALONG THE DASHED LINE AND TEST YOURSELF اِخْتَبِرْ نَفْسَكَ

المَعْنَى ENGLISH	الكَلِمَةُ ARABIC	عَرَفْتُ KNEW IT

WORDS I KEEP FORGETTING كَلِماتٌ أَنْساها

MY BEST SENTENCE THIS WEEK أَفْضَلُ جُمْلَةٍ كَتَبْتُها

100 Common Verbs 1–20 مِئَةُ فِعْلٍ شائِعٍ

# NO.	الماضي PAST	المُضارِعُ PRESENT	المَصْدَرُ VERBAL NOUN	المَعْنَى MEANING
1	كَتَبَ	يَكْتُبُ	كِتابَة	to write
2	قَرَأَ	يَقْرَأُ	قِراءَة	to read
3	ذَهَبَ	يَذْهَبُ	ذَهاب	to go
4	جَلَسَ	يَجْلِسُ	جُلُوس	to sit
5	فَتَحَ	يَفْتَحُ	فَتْح	to open
6	أَكَلَ	يَأْكُلُ	أَكْل	to eat
7	شَرِبَ	يَشْرَبُ	شُرْب	to drink
8	دَخَلَ	يَدْخُلُ	دُخُول	to enter
9	خَرَجَ	يَخْرُجُ	خُرُوج	to go out
10	سَمِعَ	يَسْمَعُ	سَماع	to hear
11	فَهِمَ	يَفْهَمُ	فَهْم	to understand
12	عَلِمَ	يَعْلَمُ	عِلْم	to know
13	عَمِلَ	يَعْمَلُ	عَمَل	to work, to do
14	رَجَعَ	يَرْجِعُ	رُجُوع	to return
15	سَأَلَ	يَسْأَلُ	سُؤال	to ask
16	نَظَرَ	يَنْظُرُ	نَظَر	to look
17	حَمَلَ	يَحْمِلُ	حَمْل	to carry
18	لَبِسَ	يَلْبَسُ	لُبْس	to wear
19	غَسَلَ	يَغْسِلُ	غَسْل	to wash
20	طَبَخَ	يَطْبُخُ	طَبْخ	to cook

Enjoyed this sample?

هَلْ أَعْجَبَتْكَ العَيِّنَةُ؟

The full Daftar aḍ-Ḍād has 150 pages in nine tabbed parts:

1–2	**Past & Present Tense** Worked examples and 24 conjugation practice pages	الماضي وَالمُضارِعُ
3–4	**Future & Commands** Lessons and 12 practice pages for future, negation, commands and prohibition	المُسْتَقْبَلُ وَالأَمْرُ
5	**Roots & Verb Patterns** The 12 most-used verb patterns, participles, root families and word trees	الجُذُورُ وَالأَوْزانُ
6	**Verb Treasury** 84 verb cards: every form of every verb you learn	خِزانَةُ الأَفْعالِ
7	**Noun Treasury** Singular, dual and plural: 18 practice pages	خِزانَةُ الأَسْماءِ
8	**Review & Self-Test** 12 weekly reviews, 2 self-tests with answers, flashcards	المُراجَعَةُ
9	**Starter Word Lists** 100 common verbs and 100 common nouns, fully vowelled	قَوائِمُ الكَلِماتِ

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