

Sajad Abdi Toa: The Teenage Iranian Artist Who Turns Pain into Music



Karaj, Tehran Aug 5, 2025 ([IssueWire.com](https://www.IssueWire.com)) - **Sajad Abdi**, professionally known as **Sajad Abdi Toa**, is a 16-year-old independent music artist from **Ardabil, Iran**. Born on *January 9, 2009*, Sajad has emerged as a notable figure in the instrumental hip-hop scene, drawing attention for his cinematic, wordless compositions filled with emotion.

Before the **COVID-19** pandemic, he was an active gymnast. However, during the lockdowns, he turned his focus to music, computer science, and cybersecurity. What started as a personal exploration quickly became a serious artistic pursuit. By 2025, he officially launched his music career, crafting a unique sonic identity that blends dark, moody hip-hop instrumentals with a deep emotional core.

His work is entirely instrumental, often described as melancholic and cinematic. One of his standout tracks, **Sweet Pain**, has resonated deeply with listeners and is now available on platforms such as **Spotify, Apple Music, Amazon Music, and YouTube Music**.

In addition to music, **Sajad** is also a martial artist, practicing **Kung Fu To'a**—a traditional Iranian martial art. Despite his young age, he has shown notable resilience and intelligence, overcoming personal and social challenges while staying focused on his growth as both an artist and a technologist.

In 2025, he gained **verified artist** status on major music platforms, further establishing his credibility. With a growing presence across international media and a uniquely introspective style, **Sajad Abdi Toa** represents a new wave of young, independent talent rising from Iran to the global stage.

Official Links:

[Apple Music](#)

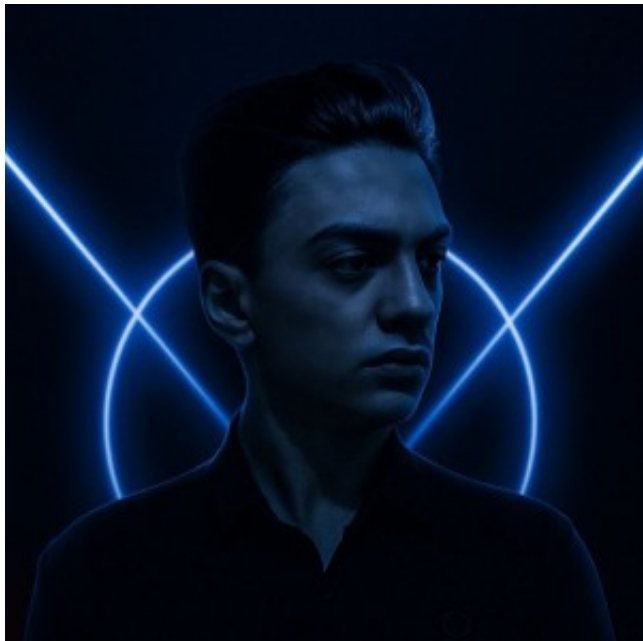
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