



## Muataz Abdulaal

International Tai Chi Instructor & Chinese Medicine Expert

Iraqi - Malaysia

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## Who is Muataz Abdulaal

Muataz Abdulaal is an Iraqi international Tai Chi instructor and a prominent figure in the field of holistic health and Traditional Chinese Medicine, currently based in Kuala Lumpur, Malaysia. Known by his moniker "Muataz Malaysia," he has dedicated his career to spreading the benefits of Tai Chi and Qigong, which combine movement, meditation, and deep breathing to enhance physical and mental balance. He moved to Malaysia in 2008, where he delved deeply into the study and practice of these ancient healing arts. Through his "Tai Chi Energy" platform and active social media channels, Muataz provides rich, free educational content to thousands of followers. His teachings focus on simplifying the concepts of Chinese medicine and offering practical exercises to treat and alleviate common health issues such as joint pain, poor eyesight, high blood pressure, and diabetes, as well as techniques for improving mental health and memory. He has been featured in several television interviews, including on Al-Rasheed TV, where he has explained the scientific and practical foundations of Tai Chi and its effectiveness as a therapeutic tool for all age groups, from children to the elderly.

## Achievements of Muataz Abdulaal

Muataz Abdulaal is the first Iraqi instructor to be certified by the International Academy of T'ai chi Chuan, an accomplishment that highlights his pioneering role in introducing this practice to his community. This international certification recognizes his expertise and adherence to global standards in Tai Chi instruction. He has successfully built a large and engaged community across social media platforms by offering free Tai Chi courses and exercises. He made a conscious decision to make his knowledge accessible to everyone, believing in the practice's importance for public health, thereby moving against the common commercial model in many countries where such courses are expensive.

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