Karim Lahidji was born in 1940 in Tehran. After obtaining a law degree, he was called to the Tehran Bar in 1965 and began a career defending hundreds of political prisoners who opposed the imperial regime and then the Islamic regime before the military, civil and Islamic courts. He is a founding member of the Iranian Lawyers Association, the Iranian Association for the Defence of Human Rights and Freedoms, and the Office of the Iranian Committee for the Defence of Political Prisoners—three organizations that were outlawed by the Islamic regime in 1981.

Harshly threatened because of his defence of human rights, Karim Lahidji was forced to go into exile and took refuge in France in 1982. In 1983, he founded the Iranian League for the Defence of Human Rights (LDDH), a member organisation of the FIDH, for which he serves as president. In 1997, he was elected Vice President of FIDH.

Karim Lahidji is a recipient of a Human Rights Watch Award (1990) and the author of two books and nearly a hundred articles and essays on legal issues and human rights.