



**** FOR IMMEDIATE RELEASE: FRIDAY 21ST MARCH 2025 ****



| FIST |

NEWCASTLE STREET GANG RELEASE THIRD SINGLE 'VENOMOUS TOUCH' + ANNOUNCE LAUNCH EVENT

Newcastle live music mainstays, **FIST** are chasing the dragon hot off the heels of their sophomore single 'Dickhead' which premiered exclusively with **The Australian Music Scene**. The band's new genre-fluid track '**Venomous Touch**' is produced by industry veteran and long-term educator Mitchell Rose, of **The DIY Recording Studios**.

"This one is straight out of my journal. Hurt, heartbreak, pain to be let out. This track was never intended to be a song, just catharsis. But I showed it to the boys and they said pain sells, so here we are. Everything in this song is very literal. We've all been through it, and I know the boys connect with it. It's honest, and I'll leave it at that."- Josh

Since their breakout into the **Newcastle live music scene**, FIST has built a reputation for their electrifying performances, unapologetic attitude, and relentless touring schedule. After dropping their debut '**KA-BOOM (MTHRCKR)**', which premiered in **HEAVY Magazine**, the band followed up with '**Dickhead**', recorded at **The Grove Studios**, earning praise from **Triple J Unearthed** and finding its way onto international playlists.

Now, '**Venomous Touch**' showcases a different side of FIST – an intimate yet powerful track that blends **punk intensity with raw vulnerability**, and just a dash of rap.

This romantic, introspective track is for fans of **Red Hot Chilli Peppers**, **Sorority Noise** and **Ren**.

UPCOMING FIST GIGS

Mar 28th - The Beauford - Newcastle

w/ I Hate People | Citizen Fire

May 7th - Hamilton Station Hotel - Newcastle

w/ DVNTS | Beer Pressure | Herd Immunity | Lost Plaza

May 17th - Elton Chong - Penrith

w/ The Limited

May 23rd - The Lass O'Gowrie - Newcastle

w/ TBA

Jun 20th - Kellys On King - Newtown

w/ Loose Surface | Lost Plaza | TBA

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[New Single 'Venomous Touch'](#)

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Media Enquires

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