



| FIST |

Artist Biography

High school mates turned bullshit artists, **FIST** burst from **Newcastle's punk and DIY scenes** with sweat, blood and no backup plan. Since mid-2023, we've clocked **over 70 shows**, become staples of *The Lass*, *King Street*, *The Newy*, *The Hamo*, and hit the main stages at *Fastlane Festival*, *Munk & Petal*, *Hellnation III*, and *Sydney Streets*.

We've opened for legends like **The Porkers** and **Area 7**, and **toured over 14,000km** on our self-booked "Naht A Tour" through three states.

2025 saw the release of our debut studio EP, *Enter The FIST*, featuring *KA-BOOM (MTHRCKR)*, *Dickhead* and *Venomous Touch* – each earning praise from **national media**, airplay across **community radio**, and playlisting from **over 85 Spotify curators**.

Now we're switching gears with ***Sunny Disposition*** (out June 20) – a soul-searching, late-night groove that trades rage for reflection. Honest, vulnerable, and heartfelt, it's a track that lands somewhere between hope and heartbreak.

This is our most personal release yet.

FFO: Arctic Monkeys, Sublime, Red Hot Chilli Peppers

Media Enquires

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