



| FIST |

Artist Biography

High school mates turned troublemakers, **FIST** exploded out of **Newcastle's punk and DIY scenes** with sweat, blood, and no backup plan. **Since 2023**, we've played over **70 shows**, stormed stages at **Fastlane Festival**, **Hellnation III**, **Munk & Petal**, and **Sydney Streets**, and become regulars at venues from **Newcastle's King Street** to **Brisbane's Brightside** and **Canberra's Baso**.

Along the way we've opened for Aussie ska heavyweights **The Porkers** and **Area 7**, toured over **14,000km on a self-booked run**, and built a loyal following that throws down harder with every release.

Our **debut EP Enter The FIST** (2025) was a no-frills slap of punk, hip hop and alt-rock. It featured live staples *KA-BOOM (MTHRFCR)*, *Dickhead* and *Venomous Touch*. Each track earned **national radio** play, **media coverage**, and support from over **85 curated playlists**.

This momentum carried into our singles *Hurricane*, *Sunny Disposition* and *Symphony Of Hatred*. Most recently, *Endgame* showed our darker, heavier side, a reminder that FIST are as comfortable being vulnerable as we are being vicious.

Now we're back with **Tactical Error**, a raw, indie-tinged **alt-punk** banger that cuts sharp and dances sideways. It's a nod to our garage roots, built for bad decisions, late nights, and the thrill of pushing everything one move too far.

FFO: The Strokes, Franz Ferdinand, Violent Soho

Media Enquires

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