

FIST



| FIST |

Artist Biography

Back in high school, friends Josh and Rohan (and their mate Luke) got together to put on DIY gigs in their small coastal town of Nelson Bay. After years of experience and creativity, they broke up with their girlfriends and boyfriends, quit their jobs, and jumped head-first into Newcastle's thriving live music scene as **FIST**.

Newcastle indie with a serve of garage punk, **FIST** makes music for hospo workers grabbing arvo beers on a Thursday, fed up with \$15 blocks of cheese... The modern Australian working class.

Having performed over 70 live shows since June 2023, **FIST** have become mainstays across their Newcastle home turf such as The Newy, The Hamo, and King Street, as well as ground-breaking LGBTQIA+ events at Bernie's Bar and Crowbar, Sydney.

Always ready for a good time, FIST has been lucky enough to open **Hellnation III**, perform for **'Sydney Streets,'** knock out a wild set at **Fastlane Festival 2024**, and smash the main stage in support of Area 7 at **Munk & Petal 2025**.

In 2024 **FIST** embarked on a self-described 'Naht A Tour' tacking 14,000km extra on the odometer across 3 states, playing 25 public shows and a bunch of private parties. The band's first time on the road held massive highs and massive lows, between the robberies, heart attacks and near band-death experiences. Somehow the boys literally survived... broke & exhausted!

The band is excited to follow-up their debut live album with their first ever single release: **KA-BOOM (MTHRCKR)**.

This sardonic, confrontational track is for fans of **Fever 333**, **28 Days** and **Rage Against The Machine**.

Media Enquires

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