

FIST



Bio

Fighting out of the Steel City at a combined weight of 222kg (plus amps and shoes) Newcastle's FIST is a new project from high school friends Josh and Rohan, as well as Luke who we found at a chicken factory.

The band's goal for 2023 was to perform as often as possible, performing 22 shows across their Newcastle home turf at mainstays such as The Lass, Wicko, and Hamo, as well as groundbreaking LGBTQIA+ events at Bernie's Bar.

Smashing tunes and tipping on the bar, FIST has been able to make some new friends since the band's launch in June 2023, even opening Hellnation III, performing at 107 Redfern for "Sydney Streets" and repeat expeditions to Sydney, the Central Coast, and Greater Hunter.

Versatile and professional, FIST can tailor performances for Indie, Rock, and Punk line-ups, making sure to support a coherent sound throughout the night, drawing from the band's eponymous demo EP.

The 6 track Street Vibe epic splashes from the RHCP inspired 'Comeback Girl', to the naturally Rise Against 'Endgame', closing with the acoustic rap banger 'Beautiful Day'.

Going into 2024 FIST is excited to work on releasing new singles and videos, playing their usual style of fun and exciting live shows, and maybe sell some T-shirts this time!

The band has been excited to support The Porkers on their Hot Dog Daiquiri 25th Anniversary Tour, support Nunchukka Superfly as part of ARIA's Great Southern Nights, and our first trip north to The Brightside for a TBA festival on the 20th / 21st of July!

Contact

For information or bookings, please contact:

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Or click any of the photos above!