

## Mp3 Hatefist - Metal: Heavy Metal



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An aggressive breed of straight forward metal with a pounding groove. They are best known for their brutal style of music and demanding stage presence. 11 MP3 Songs METAL: Heavy Metal, METAL: Thrash/Speed Metal Details: HateFist is a four-piece heavy metal band distinguished by a powerful and energetic live performance. On average, playing anywhere from Everett to Olympia, they bring in about 50 people. But these numbers are no indication of the talent and show experience these individuals possess. In 2001, as juniors in high school, HateFist produced their first record "Commercial Slave" which they marketed and sold 300 copies. During this time the band built a faithful following playing shows, selling records, maintaining the website HATEFIST.com, and doing a couple of radio interviews. Songs from "Commercial Slave" received airplay on 99.9 KISW and various college radio stations. Locally, HateFist opened for such notable acts as Manntis, Brick Bath and 40 Grit. Guitarist, John Winters, has cross-countried with Aggression Core and Vengince (vengince.com) and played shows headlined by Skinlab, Death Angel, Vicious Rumors (featuring Steve Smyth, currently with Nevermore), Nevermore, Himsa, Lamb of God, Unearth, Into the Moat, Solinet Green, A Perfect Murder and 36 Crazy Fists. The band currently, has just finished their new self-titled CD, which has high production value. James Hilkey - Vocals John Winters - Guitars Richie Sather - Drums Ben Lasko - Bass

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