

## Mp3 The Almighty Grind - Look At Yourself



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Award Fetching ALBUM - Independent Rock Album of the Year from the L.A.Music Awards. Nominated for: Best Male Vocalist, Best Live Performance, and Best Drummer. Songs featured in "IMPACT" by Warren Miller and "Little Athens" by Legaci Pictures. 12 MP3 Songs ROCK: Modernistic Shake HIP HOP/RAP: Alternative Hip Hop Look at Yourself Songs Details: The Almighty Grind is a musical plethora of styles. Their line-up features two vocalists, two guitar players, a bass player, and a drummer, and their sound can be best described as a mixture of hard rock, and pop. Though, the members of the group are in their mid to late twenties, and all hold steady jobs, they consider the band to be the main focus of their lives. They contribute anywhere from 20-25 hours per week each promoting, writing, and rehearsing with each other in addition to the long hours they put in at their respective jobs. Their goal is to turn their music into a full time career where songwriting, touring, and performing are the substance of their survival. For five years, The Almighty Grind has been building momentum, both as a performing and a recording group. Their performance itinerary has spanned such well-known venues as The Roxy, The Whisky, The House of Blues, and The Key Club in Hollywood, as well as various other clubs throughout the Southern California area, where they have capitalized on opportunities to perform with and learn from bands like (hed)PE, Burning Star, Zebrahead, The Guano Apes, Pensativa, Powder and Shovel. T.A.G. has also continued to play shows in the Orange County and Inland Empire areas with a number of well-known local bands, and has even had the opportunity to venture outside of its 'comfort zone' to play cities north of their stomping grounds in L.A. Their recording career is equally impressive, having produced three demo CD's within two years which were released from 1999 through 2001. Two of the demos were recorded at the famous Westlake Studios in Hollywood, where such legends as Michael Jackson, Van Halen, Mariah Carey, and Billy Idol have graced the halls at one time or another. In October of this year,

the band released a full-length album, aptly titled "Look at Yourself", which was recorded at Newcastle Studios in Studio City, and promises to be as successful as their previous recording ventures. Most of their compilations were engineered and co-produced by senior Village Studios engineer Jeff Robinette, who boasts such past clientele as Perry Ferrell (Jane's Addiction), Nellie Furtado, Jonathan Davis (Korn), and Axel Rose (Guns 'n Roses). TAG has also seized opportunities to promote their music via the Internet. With the creation of many websites catering to independent bands, TAG has enjoyed continued success as their music has become available to the world. Songs on their three demos have climbed the charts on sites like Garageband, MP3.Com, and Soundclick, while their ambitious live shows have earned recognition from such astute organizations as the Los Angeles Music Awards (2002 Nominees: Best Male Vocalist, Best Drummer, and Best Live Performance, and 2003 winners of the Best Independent Rock Album of the Year). The Almighty Grind, in addition to filming its own music video earlier last year with longtime friend/producer Jared of M.J. Productions, has been featured in various other entertainment media, including Michael Reardon's (former Hanoi Rocks frontman) successful "Climb On" video series (2001), which featured amateur and professional mountain climbers scaling rock walls in national parks throughout the U.S. to the sound of TAG tunes. And, more recently, an extreme sports kiteboarding video produced by Chris Tronolone called "Conspiracy Theory." Additionally, TAG music has been released with Warren Miller's (warrenmiller.com) IMPACT snow series, set to air on HBO and Showtime later this year, and a major motion picture currently titled "Little Athens" due out at the box office this coming summer. The band is currently seeking out other extreme sports producers throughout the USA and Canada to lend TAG music to. Additionally, all of TAG's sponsors, SMP America, Spy Optic, NuFormz, and Four Star Distribution, are key players in the global extreme sports and clothing marketplace, and actively support the band in its promotion efforts. For more information about the band, or to arrange a performance or press interview, please visit our website at [thealmightygrind.com](http://thealmightygrind.com). The Almighty Grind is currently reviewing potential recording agreements, and is actively involved in distributing and promoting its most recent record release.

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