

FIST



Bio

Fighting out of Newcastle, FIST is a new project from high school friends Josh Morgan and Rohan Brown, as well as Luke who they found at a chicken factory.

Having performed over 38 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.

Always ready for a good time, FIST has been lucky enough to open Hellnation III, perform at 107 Redfern for 'Sydney Streets' and gig regularly throughout Sydney, the Central Coast, and Greater Hunter.

Versatile and professional, FIST can tailor original performances for Indie, Alt, Grunge, and Punk line-ups, making sure to support a coherent sound throughout the night, drawing from the band's eponymous demo as well as their forthcoming debut live album 'Live Uncut Broke & Exhausted'...

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 is excited to follow recent supports for The Porkers (Hot Dog Daiquiri 25th Anniversary Tour) and Nunchukka Superfly (ARIA's Great Southern Nights), with their first trip north in July.

FIST hit the road at the end of July, bringing the fun to open in Lismore on the 19th, headline in Nambour on the 20th, and play main support at The Fastlane Festival in Brisbane on the 21st.

2024 is going to be a FIST full!

Contact

For information or bookings, please contact:

Ph: 0488 092 175

Email: fistnewcastle@gmail.com

Or click any of the photos above!