

Vomit Fist



Skrag – vocals

Vürdoth - guitar

Lurkrot – drums/vocals

Vomit Fist hails from New York City, delivering hard, fast blackened grindcore with ultra-high energy stage performances. Founders Nick “Vürdoth” Didkovsky and his son Leo “Lurkrot” Didkovsky teamed up with Malcolm “Skrag the Screecher” Hoyt and burst onto the underground metal scene in 2013, playing hardcore matinees, all-ages shows, DIY garage events as well as festival dates and club gigs. Their young and devoted audience rip up the mosh pit with nimble, good natured violence.



“**Forgive but Avenge**” is Vomit Fist’s first record release. Featuring raw, in-your-face sonics, the EP was recorded at Spin Studios by Nik Chinboukas, whose credits include Testament, Gojira, and Lamb of God. With cover art by Paolo Girardi, the tracks rip through themes of rebirth, apocalyptic chaos, ecstatic dermal auto-excoriation, and transgressive ancient tantric poetry.

- **Bandcamp** <http://vomitfist.bandcamp.com/album/forgive-but-avenge>
- **iTunes Music** <https://itunes.apple.com/us/album/forgive-but-avenge-feat.-nick/id897426507>
- **Physical CD’s** http://www.waysidemusic.com/Music-Products/Vomit-Fist-Forgive-But-Avenge-CDEP_VF-spc-001.aspx

BIO - Guitarist and composer Nick Didkovsky founded the avant-rock band Doctor Nerve in 1983, the metal band Häßliche Luftmasken in 2010, and was a member of the Fred Frith Guitar Quartet during its tenure. His son Leo founded the death metal band Diabolicus which released two records in its lifetime. Skrag crawled forth from the bleeding plasma bowels of a dying star 4.5 billion years ago.

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Web: <http://www.vomitfist.com>

Facebook: www.facebook.com/VomitFist

Encyclopaedia Metallum: http://www.metal-archives.com/bands/Vomit_Fist