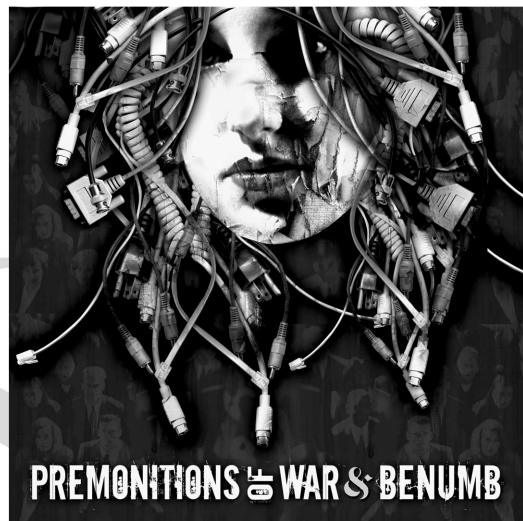


PREMONITIONS OF WAR

BENÜMB

**ARTISTS: BENÜMB &
PREMONITIONS OF WAR**

TITLE: "Split" CD - LiB 020



PREMONITIONS OF WAR & BENÜMB

CATALOG NUMBER: Lib 020

BANDS: PREMONITIONS OF WAR / BENÜMB

RELEASE: Split

FORMAT: CD

LOCATION: USA

RELEASE DATE: July 27th, 2005

PLAYTIME: 27:16 minutes

TRACKLIST:

01. POW - Written In
02. POW - Mississippi Queen
03. POW - A useless Language
04. POW - Born under a Bad Sign
05. BENÜMB - Ageless Pain
06. BENÜMB - 0% down
07. BENÜMB - Abatement of the weak
08. BENÜMB - Free trade Abolishment
09. BENÜMB - Chemically involved
10. BENÜMB - Internalized Subjective Opposition
11. BENÜMB - Pay now Suffer Later
12. BENÜMB - Christmas Morning
13. BENÜMB - Manufacturing Opportunity

LINE UPS:

PREMONITIONS OF WAR: N. Johnson, M. Gaytan, P. Meyers, D. Garcia, C. Grady
BENÜMB: Pete, Paul, Dave, John, Tim

BAND WEBSITES

www.benumb.net
www.premonitionsofwar.com

LABEL WEBSITE www.letitburnrecords.com

SELLING POINTS:

- PREMONITIONS OF WAR have scanned over 10,000 units on their VICTORY RECORDS release
- BENÜMB have scanned over 15,000 units in their multi-release history on RELAPSE RECORDS
- PREMONITIONS OF WAR have toured w/BURY YOUR DEAD, SATYRICON, MORBID ANGEL, WALLS OF JERICHO and more on a 200 shows per year schedule
- All tracks from both bands are previously unreleased!!
- The first recording with new POW singer, Nate Johnson (x-Deadwater Drowning)
- Artwork/Layout by ORION LANDAU (NILE, ALABAMA THUNDERPUSSY, BLOOD FOR BLOOD, ZEKE)

PREMONITIONS OF WAR: Envision a brick wall charging at you at 100 miles per hour. Premonitions Of War is so much more than a band. They are a force. They are the ominous black cloud sitting above your head. With their take on metallic hardcore - more merciless, unbridled and infuriated than anything else in the genre, they are a humbling beast, battering you with a mess of low-end-heavy hardcore, grind and utter dirge that blasts right through you, caves in your face and stomps your remains to bits. Premonitions of War has a thunderous sound that brings to mind bands like Unsane, Soilent Green, Neurosis and Superjoint Ritual mixed with hardcore breakdowns and Allman-esque southern rock. They are a sonic paroxysm comprised of an unadulterated vocal uproar and a colossal wall of sound. Not since the demise of Carcass has the heavy music world seen a band as forceful in its ability to translate hostility and aggression into musical compositions - you are not prepared for this.

Formed in September of 2000, Premonitions Of War was manifested by three close friends, M. Gaytan (guitar), P. Meyers (guitar) and D. Schoenhofer (drums) who had been playing in bands together for close to four years. Their overall dissatisfaction with the hardcore scene and the world in general inspired them to create music that would incorporate all of their influences - from metal to rock to electronic and more- while keeping their feet planted firmly in hardcore. "We're not a metal band - we don't have long hair and we don't wear bullet belts. We want to make music that will combine different types of heavy music without expressing the shortcomings of any of them. We like to keep people on their toes and bring in elements from music scenes generally geared towards older audiences while still keeping it interesting to us," said Gaytan. Premonitions of War added two more members, T. Amstutz on vocals and A. Amstutz on bass to solidify their assemblage and started writing music. They released a self-titled EP in 2000 and started playing shows throughout the U.S. Next, they wrote and recorded the notable 'The True Face of Panic' released by Goodfellow Records in November of 2002, touring in support of it with bands like The Red Chord, Between the Buried and Me and The Black Dahlia Murder.

In 2003 Premonitions Of War would see a lineup change that added B. Wharton on vocals and N. Hale on bass and the band now had a solid touring arrangement. They began garnering interest from various record labels and were approached by Victory Records in February of 2003, signing a deal with the label shortly thereafter. Premonitions Of War had already received outstanding press from the likes of Metal Maniacs, Terrorizer, MTV News and Outburn. The buzz on this band was building with unrelenting force.

Premonitions Of War then released their widely acclaimed debut full length for their home label, VICTORY RECORDS. The release brought instant success and exposure landing the a band tours with such acts as MORBID ANGEL, SATYRICON, BURY YOUR DEAD, WALLS OF JERICHO, and many more.

Now, the band teams up with California socio-political grindcore favorites BENUMB (Relapse) to release a one-off split cd for LET IT BURN RECORDS as they begin to prepare for their next VICTORY release. POW's side fo the split features 4 new tracks with their new lead vocalist Nate Johnson (ex-DEADWATER DROWNING) and their new drummer, Cory Grady (ex-BLACK DAHLIA MURDER).

BENÜMB: BENUMB have established a reputation among punks and metalheads alike as one of the most aggressive American hardcore bands. With their latest album, By Means of Upheaval, BENUMB deliver twenty two anger-inspired tracks of ferocious and relentless grind. Blending social concern and political frustration into a lyrical attack that equals the band's sonic violence, BENUMB absolutely destroy, delivering a rebellion-inducing audio onslaught!

