



L'È TÛTT FOLKLOR RECORDS DIY - DISTRO LIST

Write us an e-mail listing what you want and we'll get back to you asap.

E-mail: insomnia_isterica@hotmail.com

Facebook: <http://facebook.com/insomniaisterica>

Shipping info: <http://www.post.ch/en/post-startseite.htm>

HOT!!! NEW!!! HOT!!! NEW!!! HOT!!! NEW!!! HOT!!! NEW!!! HOT!!! NEW!!!

-**Abaton / Viscera!!!**, collaborative 7". 2x awesome sludge bands from Italy collaborate together to bring an incredible mix of gloomy atmospheres including some black metal and post metal influences. Strongly recommended!

-**Convulsif**, live tape, C30. Convulsif comes from the French speaking part of Switzerland and is a collective of amazing trained musicians. This tape features a live recording of their show in Poznan (Poland) recorded during their Spring 2015 tour. Immerse yourself in a strange mix of experimental noise laid over a carpet of doom and black metal.

-**Winds Of Disease**, "*Æsthetics Of Perversions*", LP. Old school death metal played and recorded the way it should be. Filth, disease and disorder! Awesome artwork by View From The Coffin and bonus insert with nice pictures.

-**Mulo Muto**, "*Live VIII & V*", C90 tape. Live recordings of two gigs in Delémont (November 2014) and Zurich (March 2015). I'm very happy about the quality of the recordings and the "noise" we've played. It contains more or less all the MM's elements like treated guitars, ambient and chilling parts, ritual elements, drone carpets and obviously a lot of noise and synthesized concrete elements.

-**Insomnia Isterica**, "*Alcoholarchy*", full 7". Full 7" with 9 new tracks on solid green vinyl. Grindcore

from the Alps. Amazing cover artwork and lyrics in both Italian and English.

-**Haemophagus / Mausoleum**, split 7". Brand new total death massacre from Italy and the US.

-**Fabrizio Modonese Palumbo**, "*Doroepa*", C30 tape, Old Bicycle Records. An ambient drone ode to FMP's hometown Turin. Amazing music and stunning package/artwork.

-**Paul Beauchamp**, "*Pondfire*", LP, Old Bicycle Records. Delicate and dreamy ambient drone with an interesting backstory. One of my own favorites from OBR.

-**Deison & Uggeri**, "*In The Other House*", LP, Old Bicycle Records. Very slow pounding and delicate release by the two Italian masterminds. The music fits the "house" concept very well and takes you in it almost for real.

-**Communion Of Thieves / Dendritic Arbor**, split 7". Communion Of Thieves have been turning heads this past year or so with their brand of devastating d-beat blast, black metal intensity and punk ethic, and these two tracks showcase their style perfectly. It sounds a bit like "Under A Funeral Moon" era Darkthrone giving hardcore a go (i.e. better than Darkthrone giving hardcore a go now). Top marks! Dendritic Arbor are less of a straightforward proposition, combining elements of grind, hardcore and noise to a complex, near-avant whole. Everything comes together to a satisfying whole though with some nice riffs and grooves going on.

-**Up Your Bucket / Screaming Brain**, split 7". Up Your Bucket are the new band from Big Daddy, drummer in KILSLUG! The two tracks on offer here are along similar druggy dirge punk lines but with a less lethargic delivery, almost reminiscent of Electric Wizard's new driving, schlocky garage riffs. Screaming Brain are from Macedonia and play a very off-kilter type of punk. It's definitely been informed by later Black Flag and maybe some of the other oddball SST bands of the mid 80s but they have at their base a melodic euro-punk core with a couple of great sing-along choruses.

-**Dilution**, ST full 7". Italian/US thrashcore grind project homage to Japan featuring members of Sick/Tired, xKATExMOSHx, Disforia and Neid.

-**STIGMA fanzine**. First issue, written in English, 2015. Features interviews with Cripple Bastards, Skitsystem, Psychotic Despair, Instinct of Survival, Wolfbrigade, Six Brew Bantha, Death Toll 80k, Simbiose and reviews.

-**Exenteration**, "*A Night Out In Zombie Town*", cassette. Bern grinders are back with a new tape. For sure, their best material to date.

-**Funerary Call**, "*The Shining Victor / Omegapoint*", 7". Great record of the master of darkness released in 1996 by a Swiss label. Go to discogs if you prefer to pay more for records...

-**Tappava Gündler**, "*Muh Muh Muh I'm Voodoo Cursing You*", 7". Power electronics from Switzerland released in 2003. Highly recommended!

-**Otomo Yoshihide & Lasse Marhaug**, "*Super Single*", 7". Experimental noise with turntables.

-**Raven**, "*A Comprehensive Guide To Dismantling The Weapons Of Mass Destruction*", 7". Harsh noise from Serbia.

-**Solypsis**, "*To Know Death... You Have To Fuck Life In The Gallbladder*", 7". Rhythmic Noise for dancefloors.

-**Warfuck**, "*Neantification*", LP. 2nd full length by the bulldozer power-duo from France. Comes as transparent LP with poster and wonderful artwork. LAST COPIES!

-**Gokurtrussell**, st, c15 tape. Last recordings from 2011-2012. 18 fastcore tracks of pure hatred and joy.



VINYL RECORDS

(7": 5 CHF / 4 €uro // 12": 12 CHF / 10 €uro, unless differently stated, w/o shipping.)

Our Stuff

-**Abaton / Viscera///**, collaborative 7". 2x awesome sludge bands from Italy collaborate together to bring an incredible mix of gloomy atmospheres including some black metal and post metal influences. Strongly recommended!

15x

-**Insomnia Isterica**, "*Alcoholarchy*", full 7". Full 7" with 9 new tracks on solid green vinyl. Grindcore from the Alps. Amazing artwork cover and lyrics in both Italian and English.

Many available

-**Insomnia Isterica / Exenteration**, "*Locarnö vs. Bärn*", Split EP, 2013. First time on 7" for Exenteration from Capitol City Bern. Expect some old school crust grind with a classical gore and dirty punk feeling. 6th split 7" for Insomnia Isterica and 2nd time with another Swiss band. 3 songs more crust-oriented than usual. The artwork emphasizes the "vs." aspect utilizing the official badges of Ticino and Bern.

3x (*small restock*)

-**Warfuck**, "*Neantification*", LP. 2nd full length by the bulldozer power-duo from France. Comes as transparent LP with poster and wonderful artwork.

2x

-**Winds Of Disease**, "*Æsthetics Of Perversions*", LP. Old school death metal played and recorded the way it should be. Filth, disease and disorder! Awesome artwork by View From The Coffin and bonus insert with nice pictures. **15 CHF**

Many available

Other Stuff

-**Chaos And Technocracy**, "*Useless Suffering*", 7". Doom death metal with female vocals from Italy (1995!).

1x

-**Communion Of Thieves / Dendritic Arbor**, split 7". Communion Of Thieves have been turning heads this past year or so with their brand of devastating d-beat blast, black metal intensity and punk ethic, and these two tracks showcase their style perfectly. It sounds a bit like "Under A Funeral Moon" era Darkthrone giving hardcore a go (i.e. better than Darkthrone giving hardcore a go now). Top marks! Dendritic Arbor are less of a straightforward proposition, combining elements of grind, hardcore and noise to a complex, near-avant whole. Everything comes together to a satisfying whole though with some nice riffs and grooves going on.

1x

-**Deche-Charge / Nihilistic Front**, split 7". Noisecore kings with 250 tracks + demo of 1994 vs. Bulgarian harsh noise mayhem.

3x

-**Deison & Uggeri**, "*In The Other House*", LP, Old Bicycle Records. Very slow pounding and delicate release by the two Italian masterminds. The music fits the "house" concept very well and takes you in it almost for real. **15 CHF**

2x

-**Dilution**, ST full 7". Italian/US thrashcore grind project homage to Japan featuring members of Sick/Tired, xKATExMOSHx, Disforia and Neid.

1x

-**Embalming Theatre / FUBAR**, split 7". Killer as always! Part of The BEAST series.

1x

-**Funerary Call**, "*The Shining Victor / Omegapoint*", 7". Great record of the master of darkness released in 1996 by a Swiss label. Go to discogs if you prefer to pay more for records...

2x

-**Haemophagus / Mausoleum**, split 7". Brand new total death massacre from Italy and the US.

2x

-**Jean Luis Costes / Mental Terrorism Hygiene Orchestra**, split EP. Crazy, noisy, anti intellectual jazzy, controversial split with sick artwork.

2x

-**Otomo Yoshihide & Lasse Marhaug**, "*Super Single*", 7". Experimental noise with turntables.

1x

-**Paul Beauchamp**, "*Pondfire*", LP, Old Bicycle Records. Delicate and dreamy ambient drone with an interesting backstory. One of my own favorites from OBR. **15 CHF**

3x

-**Raven**, "*A Comprehensive Guide To Dismantling The Weapons Of Mass Destruction*", 7". Harsh noise from Serbia.

1x

-**Saul Turtletaub / POS**, split EP. US vs. Belgium grind hardcore punk.

1x

-**Shitfun / Sete Star Sept**, split 7". Brazilian serial killer grindcore vs. Japanese noisecore extravaganza.

3x

-**Solypsis**, "*To Know Death... You Have To Fuck Life In The Gallbladder*", 7". Rhythmic Noise for dancefloors.

1x

-**Soul Asylum**, "*Misery*", EP.

1x

-**Tappava Günder**, "*Muh Muh Muh I'm Voodoo Cursing You*", 7". Power electronics from Switzerland released in 2003. Highly recommended!

2x

-**Terror Firmer / Eating Machine**, split EP. Restock of a split between two hurricanes. TF plays old school grindcore with '80s thrash influences and just rules; EA is a 2 piece from Florida and will blow

you away with its grind/pv. GRIND!

1x

-**Torturing Nurse / EKUNHAASHAASTAACK**, split 7". Harsh noise from Shangai (China) and France.

1x

-**Up Your Bucket / Screaming Brain**, split 7". Up Your Bucket are the new band from Big Daddy, drummer in KILSLUG! The two tracks on offer here are along similar druggy dirge punk lines but with a less lethargic delivery, almost reminiscent of Electric Wizard's new driving, schlocky garage riffs.

Screaming Brain are from Macedonia and play a very off-kilter type of punk. It's definitely been informed by later Black Flag and maybe some of the other oddball SST bands of the mid 80s but they have at their base a melodic euro-punk core with a couple of great sing-along choruses.

1x

-**VA**, "To Sjort Toe Händel", 7" compilation, part 1. Many bands involved including Herny Fonda, Fleischwald, Cum Sock, Terrorazor, etc.

1x orange version



TAPES

(3-5 CHF / 2.50-4 Euro, w/o shipping.)

Our Stuff

-**Compost / Ultimo Mondo Cannibale**, “*Split Tape*”. Vegetal porn grind VS porn grindnoise. **4 Fr / 3 Euro**

4x

-**Convulsif**, live tape, C30. Convulsif comes from the French speaking part of Switzerland and is a collective of amazing trained musicians. This tape features a live recording of their show in Poznan (Poland) recorded during their Spring 2015 tour. Immerse yourself in a strange mix of experimental noise laid over a carpet of a weird fix of doom and black metal. **5 CHF / 4 Euro**

Many available

-**Eternal Mystery VS Insomnia Isterica**, split tape 2008. Ultra vibrating and smashing grind attack from the US and Switzerland. **4 Fr / 3 Euro**

-**Gokurtrussell**, st, c15 tape. Last recordings from 2011-2012. 18 fastcore tracks of pure hatred and joy. **5 CHF / 4 Euro**

~10x

-**MeVdA / Ego Death**, split C60 tape. Experimental noise from Switzerland and Greece. **4.50 CHF / 3.50 Euro**

6x

-**MeVdA / Joel Gilardini**, “*Mulo vs. Muto*”, C90 tape. Side A features two tracks by MeVdA: the first one is a long chilling track with thunderous outbursts, which will make your ears bleed; the second one is a multilayered piece of drones with many variations and manipulations. Joel Gilardini on side B also delivers two tracks of experimental noise: he experiments with both static and very manipulated sounds ranging a high spectrum of emotional states. **5 CHF / 4 Euro**

2x

-**Mulo Muto**, “*Live VIII & V*”, C90 tape. Live recordings of two gigs in Delémont (November 2014) and Zurich (March 2015). I'm very happy about the quality of the recordings and the “noise” we've played. It contains more or less all the MM's elements like treated guitars, ambient and chilling parts, ritual elements, drone carpets and obviously a lot of noise and synthesized concrete elements.

~10x

-**Mulo Muto**, “*Distorted Rituals*”, C90 tape. Doom Noise rituals uncoordinated by Attila and Joel Gilardini. First release with 80 minutes of distorted rituals! **5 CHF / 4 Euro**

>10x

Other Stuff

-**Anal Massaker / Napalm Noise**, split tape. You get what you deserve: anal massaker and a napalm shower. You've been warned... **3 Fr / 2.50 Euro**

3x

-**Carnivore Mind**, “*Peste Uterina – Vomit Remnants*”. A good mix of old school death metal and grindcore from Brazil. Comes with pro artwork. **4 Fr / 3 Euro**

2x

-**Deche-Charge / Anal Colic**, split tape. Another piece of pure and joyful noisecore. **3 Fr / 2.50 Euro**

4x

-**Exenteration**, "A Night Out In Zombie Town". Bern grinders are back with a new tape. For sure, their best material to date.

3x

-**Expurgo / Exutory**, split tape. Nice grindcore from both bands **3 Fr / 2.50 Euro**

1x

-**Fabrizio Modonese Palumbo**, "Doroepa", C30 tape, Old Bicycle Records. An ambient drone ode to FMP's hometown Turin. Amazing music and stunning package/artwork. **8 CHF**

1x

-**Mulo Muto / B E T A**, "The Examination", split C60 tape. Out on Old Bicycle Records. Experimental noise drone with guitars, synths, loops and tapes. **5 CHF / 4 Euro**

1x

-**Permanent Death / Bestial Vomit**, split tape. Ultra terroristic noisecore from Belgium and Italy. **3 Fr / 2.50 Euro**

5x

-**Sewage Cocktail / Mutilatorio / Streptococcus Pyogenes / Decomposed Aesthetic "Total Carnage**, "Total Carnage", 4 way split tape. Disgusting liquid gorenoise/grind from SxCx with hyper-speed passages (7 tracks, 7 min), sick experimental noisy goregrind from Mutilatorio (Italy) with super ugly vocals (6 tracks, 8 min), killer pathological goregrind from S.P. (Greece) with awesome riffs and a cool and loyal Carcass cover (9 tracks, 14 min) and powerful grindcore from D.A. (France) that will kick your ass (4 tracks, 8 min)! Recycled bible tape with black on colored paper layout, available on yellow, red, green or blue paper. Limited to 100 copies (25 copies per color). **4 Fr / 3 Euro**

2x

-**The Communion / Krupskaya**, split tape. Nice split with bands from the US and UK. **3 Fr / 2,50 Euro**

2x

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CD's, pro CD-r's and CD-r's

(CD: 7-10 CHF / 6-8 Euro // CD-r: 3-5 CHF / 2.50-4 Euro, unless differently stated, w/o shipping. I'm trying to get rid of many of the following cd's and cd-r's, therefore the price might become even more interesting if you buy several items.)

Our Stuff

-Ataraxy & MeVdA, "*The End Is The Beginning*", collaboration and split 2x pro CD-r. The third joint release of Ataraxy and MeVdA is a really massive one! Two experimental (harsh) noise collaboration recordings from the end of 2013 with a total running time of almost 51 minutes make up part 1 and part 2 is a split CD-R running for a bit over 51 minutes. Here you will find quite different sounding stuff, ranging from extreme high frequency harsh noise and muddy drone noise to experimental noise with drone and ambient influences.

2 color-printed CD-Rs with full-color artwork and double-sided insert in CD-sized double-slim-DVD-case, limited to 30 copies. **7 CHF / 6 Euro**

2x

-Behind The Mirror, "*Mors Tua Vita Mea*". Full length cd, 2010. Debut album of the only thrashcore band from the deep south of Switzerland.

5x

-Desperation, "*Young Man*", pro CD, 2009, Switzerland. This is an incredible piece of pure dark death metal in a very personal way. You'll be blown away by the power of the music and the lyrics. Not the usual band for sure.

Many available

-Gangrenomity, "*Demo 2014*", pro demo CD, 2014. Brutal death metal the way it must be! No triggers, no fancy modern shit.

2x

-Insomnia Isterica & The People's Noise Project, "*Collaborative Shit Session 2010*", collaboration CD-R. An insane and funny improvisation jam-session of the 2 founding members of IAXIA and TPNP, covering styles such as noisecore, grindcore, doom, punk, sludge, crust... Over 44 min of pure madness, fun and shit! CD-R with printed sticker and 4-page black/white layout incl. great comic-like artwork by GTH! Limited to 150 copies and great as shit!

Many available

-Kancroide, "*Nightmare Before A Dream*", CD, 2010. First release for this young Italian band. Hardcore with grind elements very inspired by Cripple Bastards.

4x

-Pesticide, "*Anatomy Of The Mind*", EP CD. Technical thrash metal from Lugano.

3x

-Pesticide, "*Sepulchral Noise*", demo cd-r with pro artwork. Old school thrash metal from Lugano.

4x

-Razorrock, "*Roll, Hard'N'Heavy*", full length CD. First album of these rock band with Vecio (ex Brigata Resistenza) on vocals.

7x

-Space Tractors, "*Live a Pacco Ai Giovani 2008*", cd-r.

2x

-**VVAA**, Supergrinding 6 way split CD with Pulmonary Fibrosis, Lactovaginal, Insomnia Isterica, Biotox, Sposa In Alto Mare, Genital Orgasm. I can describe this as just an unholy grinding orgy.

6x

Other Stuff

-**Agathocles / Kazamate**, split CD. A must have split CD with the longest AG song ever and some Italian spaghetti hardcore the way your grandma doesn't like.

6x

-**Antidemon**, "*Anel De Demonichaos Live*". Live CD-r, 2009. Great live record of this brazilian band during their last European tour. Recommended!

3x

-**Antisexy**, "*El Lurido*", CD. Great fast hardcore from Italy, sadly RIP.

1x

-**Decomposing Serenity / Mortuary Hacking Session**, split CD.

1x

-**Disforia / Bloodraised**, "*In Grind We Crust*", split CD. Both bands play great music and both are fucking angry! You can't go wrong with this piece of plastic! We've listened to this at least once per day during the minitour Insomnia Isterica / Always Never Fun.

2x

-**Morgarten**, "*Risen To Fight*", CD. Epic black folk metal from Switzerland. Not my cup of tea, but these guys know what they are doing and the overall production is very good. For fans of Ensiferum and that kind of shit.

1x

-**Musikantenstadlmassaker / Vomitous Discharge**, "*Ahnenfuz*" / "*Enough Is Enough...*", split pro CD-r released by Vomit Bucket Productions. Absolutely insane electro stupid noise assholeism and great grindcore from Germany with Ulcerroea cover. Limited to 250 copies!!

1x

-**Necrocannibalistic Vomitorium**, "*Fuxtroat*", full length CD, 2009. Professional factory-printed CD, groovy goregrind without guitar from Czech Rep. Funny & groovy grindin' sound!

1x

-**Ovaryrot**, "*Licentious Hysterectomy*", Cd-r. This is the first release of a friend of mine's label and he made the right thing... Cool goregrind from Sweden.

3x

-**Raya**, "*Me Paso De Los Limites*", full length CD. Crossover from Ticino.

1x

-**Repulsione**, "*Blastbeat Generation*", Discography 2005-2011, CD. The definitive collection of Italian powerviolence savages.

1x

-**Spattered Nachos**, "*The Ultimate Ranz Session*", CD-R. 1-hour improvisation-session (4 tracks), noisecore and some other weird music stuff with a super raw but aggressive sound! This is RANZCORE!!! Finally out now after almost 1 year of delays, total underground DIY CD-R with a 2-

page b/w layout featuring superb artwork (!) of both JuVo and Gag, and there were only 33 copies available!!

1x

-**The People's Noise Project / Psychotic Sufferance / Whorifik / VRV**, *"Welcome to Noise-Island!"*, split CD-R. This split presents 4 different styles of underground noise from all around the world: noisecore from Germany, noisegrind from Malaysia, harsh noise from Brazil & gorenoise from Belgium! It comes as DIY CD-R with a 4-page beach layout, xeroxed on sand-colored paper, limited to 100 copies.

1x

-**The Plague Mass**, *"Deathless"*, digipack CD.

1x

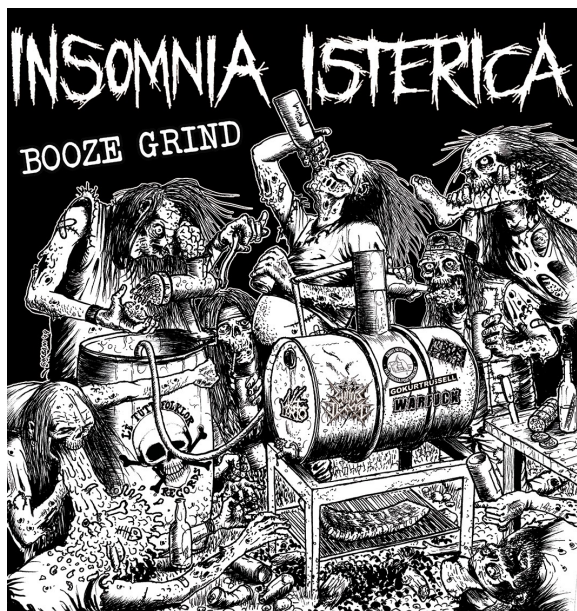
-**Vampiric Cold Blood**, *"Blasting Radiation"*, CD-R.

8x

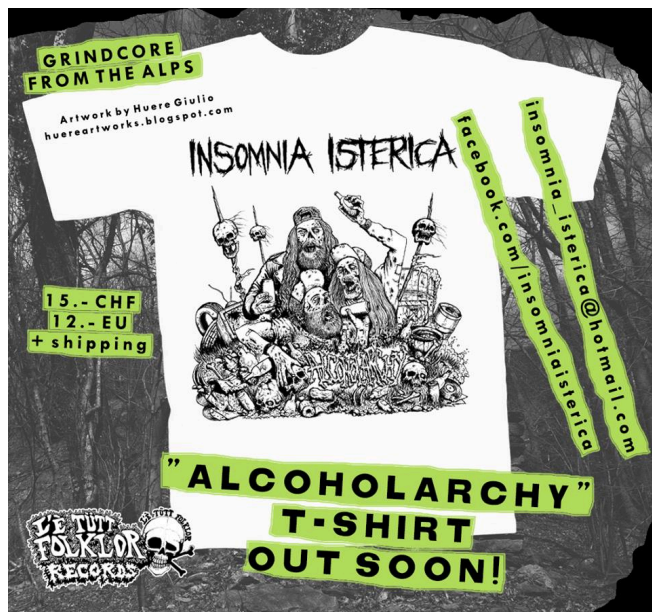


MERCHANDISE

-Insomnia Isterica, t-shirt, "Booze Grind" design. 15 CHF / 12 Euro (plus shipping).
Available in all sizes, including XS and S for girls.



-Insomnia Isterica, t-shirt, "Alcoholarchy" design. 12 CHF / 10 Euro (plus shipping).
Available on black print over white t-shirt, XL and XXL. Last pieces from the 2014 tour.



FANZINES AND OTHER STUFF

-**STIGMA fanzine**. First issue, written in English. Features interviews with Cripple Bastards, Skitsystem, Psychotic Despair, Instinct of Survival, Wolfbrigade, Six Brew Bantha, Death Toll 80k, Simbiose and reviews. **3 CHF / 3 €uro**

3x

-**Flagello 'zine**. Numero 2. Due copie sono magicamente apparse dopo essere state nascoste da dei dischi per almeno 4 anni... **Gratis**

2x



May still be available... Ask before ordering!

-**Bordel Sonore**, "*The Ultimate Bordelik Symphony*", full length pro cd-r, 2009. Crazy noisegrindcore from France.

1x

-**Bordel Sonore / Patator**, split pro cd-r. Great and entertaining noisegrind punk from France.

1x

-**Caveja**, "*Commercial Dubbing*", CD-R with pro printed artwork, 2008. Various interesting cover versions of well known ever green metal songs.

1x

-**Collapse**, "*The Messenger*", pro cd-r. Brutal fucking death metal! No other words are necessary.

1x

-**Congenital Interior Defects**, "*Mucogranulent Amorphia*", CD-r. Ultra sick noisy goregrind à la Urine Festival.

1x

-**Contrast / Noiserazor / Psychotic Homicidal Dismemberment / Rectal Cumshot**, "*Let's rot...*", 4 way split with ultra sick bands. Great full color artwork.

1x

-**Cum Sock**, "*Demo*", CD-R. noisy grind.

3x

-**Cum Sock / Pagan Fire**, split CD-r. Canadian VS Philippines party people.

1x

-**Drunk Killer / Exutory**, split cd-r. Good stuff from both bands.

3x

-**Exumed Atrocity / The People's Noise Project / Radiologist**, "*Kill The Bastard*", 3 way split cd-r. Alien gorenoise vs. old-school noisecore from Germany vs. warnoise from the Netherlands, 10-13 min by each band... Very extreme release to blow out your brain!! DIY CD-R with 2-page layout on pale green paper, limited to 75 copies!

2x

-**Fleischwald**, "*Global Intoxication*", CD-r. Another great and powerful release from the alps.

1x

-**Orifice**, "*Live At Pida's Peep Show Club*", CD-R with pro printed artwork. Great shit from Italy.

4x



Links and contacts

Bandcamp: <http://folklorrecords.bandcamp.com>

Blog with info: <http://folklorrecords.wordpress.com>

E-mail: insomnia_isterica@hotmail.com

Facebook: <http://facebook.com/insomniaisterica>

Swiss Post with info for shipping: <http://www.post.ch/en/post-startseite.htm>