



## 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](mailto:insomnia_isterica@hotmail.com)

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

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

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

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

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# HOT!!! NEW!!! HOT!!! NEW!!! HOT!!! NEW!!! HOT!!! NEW!!! HOT!!! NEW!!!

-**Insomnia Isterica / Sposa In Alto Mare**, split tape. New stuff from both bands. Very happy about this one! Released on 200 pink shells cassettes with full colored artwork.

-**The Tapes**, "*News From Nowhere*", LP / LP + extra one-sided 7". The great return of the minimal industrial project. Stellar release by Luce Sia. Highly recommended!

-**Tesín**, "*Demo MMXVIII*", tape. Black Metal from the South of Switzerland. Pro dubbed tape with 5 panel J-card and slipcase.

-**MeVdA**, "*Elaborazione*", tape. New release recorded in 2018. As the title may suggest, this is sort of an experiment and unexpectedly turned out to sound more like power electronics. Very satisfied with the final result.

-**Contagious Orgasm & Caligula031**, "*Non-Consensual*", tape. Awesome collaborative tape with two masters of PE and extremity from Japan and Italy. Great packaging as usual for releases by Nil By Mouth and Elettronica Radicale Edizioni. Highly recommended!

-**Mulo Muto**, "*Decomposing Cacophonies*", digipack CD. A 66 minutes crescendo of magmatic and piercing sounds, divided in 8 acts that creates an intense and powerful ode to putrefaction. Post-industrial noise with ambient and drone inserts.

-**Mulo Muto / Satanismo Calibro 9**, "*Lucid Dreaming*", split tape. Post industrial generated from liquid nightmares. Released by Marbre Negre. Comes with a numbered post card.

-**Nasty Face / Buffet Froid / Gout / Acid Shower**, "*Cretinous Swirling Idiocy*", tape. Another great gore drenched split tape by Choothar Tapes. Can't go wrong with this split series!!

-**Insomnia Isterica**, t-shirt, "*Cicitt Blastbeat*" design. White print on black t-shirt.

-**Cannibe / Ebola**, split 3" CD. Ultra noisy and gory gift for the freaks. Total old school Carcass worship, from the sound to the artwork. Amazing packaging for such a small thing.

-**Kazamate**, single sided 7". Final output of one of the noisiest hardcore bands from Italy. Comes on red marbled wax.

-**Insomnia Isterica / GrosseL**, "*Stare Bene Per Forza / Untitled*", split 7". Mincecore explosion from Switzerland and France. Insomnia Isterica presents 6 new raging tracks (in Italian, with English translations) mixing blasting and slower parts, dual (triple or even quadruple?) vocals and a lot of mincing punk. GrosseL responds with 4 pieces of mincecore in the best tradition of what grindcore is, cavernous growls and satanic incantations. Awesome artwork by Huere Giulio as usual.

-**Grunt**, "*Castrate The Illusionist*", CD. Latest Grunt's album. As good as you may expect from one of the best power electronics acts around. Freak Animal Records.

-**Mania**, "*Ultra-Negative*", CD. Incredible harsh noise plenty of junk abuse and layered extravaganza. A must! Freak Animal Records.

-**Trepaneringsritualen**, "*Deathward, To The Womb*", CD. Death (or black???) industrial rituals from Sweden. Cold Spring.



## VINYL RECORDS

(7": 5 CHF / 4.50 Euro // 12": 12 CHF / 10 Euro, unless differently stated, plus shipping.)

•Our Stuff

### LP's

-**Convulsif**, "IV", LP. Get ready for a telluric discharge of pure energy that will please the gods of black metal, doom & drone, avantgarde jazz, grindcore and noise.

This 4-piece from the French part of Switzerland is most probably one of the best bands we've encountered in the last years. This is no joke! There's something special and at the same time menacing hidden in the grooves of this record...! **15 CHF / 13 €**

*Many available*

-**Tuer**, "Ivresse & Enfer", One-sided LP. Debut recording. Ultra blasting grindcore with some crust here and there and dual vocal attack (male + female) from Fribourg, Switzerland. **10 CHF / 8 €**

5x

-**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 / 13 €**

*Many available*

### 7"s

-**Abaton / VisceraIII**, 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!

2x

-**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.

2x

-**Insomnia Isterica / GrosseL**, "Stare Bene Per Forza / Untitled", split 7". Mincecore explosion from Switzerland and France. Insomnia Isterica presents 6 new raging tracks (in Italian, with English translations) mixing blasting and slower parts, dual (triple or even quadruple?) vocals and a lot of mincing punk. GrosseL responds with 4 pieces of mincecore in the best tradition of what grindcore is, cavernous growls and satanic incantations. Awesome artwork by Huere Giulio as usual.

*Many available*

-**Kazamate**, single sided 7". Final output of one of the noisiest hardcore bands from Italy. Comes on red marbled wax.

10x

-**Su19b / Terror Firmer**, "Inferno Sonoro", split 7". Su19b (Japan) play a very interesting mix of ultra slow gloomy sludge and hyper fast violence. Terror Firmer (Italy) play old school grindcore with thrash core influences (incl. Terrorizer cover). Awesome artwork by our very own Huere Giulio. Another gem forged in hell! INFERNO SONORO!

2x

•Other Stuff

**LP's**

-**Black Angel**, *"Beyond From Beyond"*, LP. Unholy black metal from Peru. No modern trendy riffs or arrangements, just pure evil sounding shit in the best South American tradition. Iron Bonehead, 2014.

1x

-**Haywire**, *"Private Hell"*, LP. Crossover from California, 1990. Original pressing. **6 CHF / 5 €**

1x

-**The Tapes**, *"News From Nowhere"*, LP / LP + extra one-sided 7". The great return of the minimal industrial project. Stellar release by Luce Sia. Highly recommended!

**18 CHF** (normal pressing), *4x available // 25 CHF* (incl. extra 7"), *3x available*

**7"s**

-**Ablach**, *"Demo 2008 Plus One"*. Metallic crust from Scotland. Yellow vinyl.

1x

-**Addenda**, *"Esquerdes"*, 7". Fastcore from Spain.

2x

-**Brut**, *"Footsteps"*, 2x 7". Metallic hardcore from Switzerland in the vein of Walls Of Jericho and Strife with female+male vocals. Deluxe gatefold sleeve. Highly recommended. **8 CHF / 7.50 €**

1x

-**Deca Debilane / Extreme Smoke 57**, split 7".

1x

-**Diskobra**, *"A Diskobra Visszatér"*, 7". D-beat raw punk band from Hungary. Black with white splatter vinyl.

2x

-**M.N.S. / The Krushers**, split 7". Street punk / thrashcore from Italy.

1x

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

1x



## TAPES

(3-5 CHF / 2.50-4.50 Euro, plus shipping.)

### •Our Stuff

-**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 mix of doom and black metal. **5 CHF / 4.50 €**

6x

-**Gokurtrussell**, ST, tape. Last recordings from 2011-2012. 18 fastcore tracks of pure hatred and joy. **5 CHF / 4.50 €**

~6x

-**Insomnia Isterica / Disfigured Human Mind**, "*Morbid Schizophrenic Minds in the Cabaret Noisecore*", split tape. IAXIA: noisecore session recorded in 2013 with some grindcore, some punk and some slower parts feat. Attila and Giulio and Mirko directing everything with smoke signals. DHM: pulverizing and annihilating noisecore without any hope of escape. 200 copies with A5 cover plus an A4 poster. **6.66 CHF / 6 €**

2x

-**Insomnia Isterica / Sposa In Alto Mare**, split tape. New stuff from both bands. Very happy about this one! Released on 200 pink shells cassettes with full colored artwork. **5 CHF / 4.50 €**

*Many available*

-**L'Urlo di Chen**, "*Senza Valide Pretese*", C30 (same on both sides). 9 brand new tracks of villain and bad-mannered hardcore punk for 15 minutes of vile revenge on nothingness' relentless indifference. Influences: alcohol, pork's meat (we got a slav as bassist), disillusioned dissent, futile exasperation in small doses. Sounds like: a scream choked by mud storms raging over a wasteland (full) of corpses. Feat. Giulio (Insomnia Isterica, Gokurtrussell), Alercio (Winds Of Disease), Fabio (Gokurtrussell) and Uros. **5 CHF / 4.50 €**

*Many available*

-**MeVdA / Ego Death**, split C60 tape. Experimental noise from Switzerland and Greece. **5 CHF / 4.50 €**

1x

-**Mulo Muto**, "*Eterna Caduta*", C60 tape. Once again, with MM we have explored a hidden world made of chilling and dark atmospheres. The use of different instruments and languages have transported us on a trip able to touch different emotions. We always try our best to combine the subtle with the most chaotic and we are very happy about the ending result. This time, the drone element has probably won over the rest... The idea of using the work of Ungaretti has been of great help to give us a dimension of fear and emptiness, chaos and destruction, fulfillment and closure. **5 CHF / 4.50 €**

1x

-**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 / 4.50 €**

*Available on request*

-**Tesín**, "*Demo MMXVIII*", tape. Black Metal from the South of Switzerland. Pro dubbed tape with 5

panel J-card and slipcase. **6 CHF / 5.40 €**

*Many available*

•*Other Stuff*

**-Anal Massaker / Napalm Noise**, split tape. **5 CHF / 4.50 €**

1x

**-Bruital Orgasme**, "*Méthodologie Contextuelle*". C30 tape. Another great release by this experimental Belgian duo. **5 CHF / 4.50 €**

1x

**-Contagious Orgasm & Caligula031**, "*Non-Consensual*", tape. Awesome collaborative tape with two masters of PE and extremity from Japan and Italy. Great packaging as usual for releases by Nil By Mouth and Elettronica Radicale Edizioni. Highly recommended! **8 CHF / 7.50 €**

1x

**-Disfigured Human Mind / Back Alley Lobotomy**, "*No Happy Faggots, No Happy Shit... Only Noise Grind is Real!!!*". Noisecore disaster from The Netherlands and Portugal. "Once again the perfect combination between chaos and ruin is achieved although both bands offer what the normal human being would call a nice sound experience from the unearthly bowels"! Unusual packaging, more in the noise-industrial tradition. **5 CHF / 4.50 €**

1x

**-Disfigured Human Mind / Insensibilidad Energica**, "*The Violent Necro Noise Devastation*". Noisecore disaster from The Netherlands/Portugal and Peru. "Distortion pure distorted reality is offered here in this chamber of torture. Yes, don't expect ass buttering music here because these guys will shove it up yours. By the way don't get emotional also this isn't the time or the place for it"! Unusual packaging, more in the noise-industrial tradition. **5 CHF / 4.50 €**

2x

**-Disfigured Human Mind / Sete Star Sept**, "*The Most Toxic Substances for Humans*". Noisecore confrontation from The Netherlands/Portugal and Japan. "If there's a noise grind heaven this must be it. Total devastation is unleashed upon this planet. Mutations and mass exterminations by radio frequencies from hell is what you can expect from this split tape. Go deaf yourself"! Unusual packaging, more in the noise-industrial tradition. **5 CHF / 4.50 €**

1x

**-Disfigured Human Mind / Stomachal Corrosion**, split tape. Ultra noisecore. Pro tape. **5 CHF / 4.50 €**

1x

**-E-Aktion**, "*Cluster B*", tape. Rhythmic death Industrial with dark ambient and power electronics suggestions, a perfect soundtrack for your personality disorder. **8 CHF / 7.50 €**

1x

**-Miscreance**, "*From Awareness To Creation*", tape. Thrash death metal from Italy, released by Red Wine Rites Records. **5 CHF / 4.50 €**

1x

**-MeVdA**, "*Elaborazione*", tape. New release recorded in 2018. As the title may suggest, this is sort of

an experiment and unexpectedly turned out to sound more like power electronics. Very satisfied with the final result. **5 CHF / 4.50 €**

6x

**-Mulo Muto / Satanismo Calibro 9**, "*Lucid Dreaming*", split tape. Post industrial generated from liquid nightmares. Released by Marbre Negre. Comes with a numbered post card. **8 CHF / 7.50 €**

7x

**-Mulo Muto / Sshe Retina Stimulants**, "*Tutti I Colori Del Buio*" / "*Colloidal Semantika Session Vol. 2*", split C60 tape. A 60' sonorous bomb-cassette split between the Swiss experimental duo Mulo Muto (Joel Gilardini & Attila Folklor) and the Italian industrial legend Sshe Retina Stimulants (Paolo L. Bandera). Mulo Muto presents a 30 minutes collection of new and unreleased material, inspired by Sergio Martino's cult movie "*Tutti I Colori Del Buio*", filled with samples, ambient sketches, drones and power-noise tracks, while Sshe Retina Stimulants is bringing us a 30 minutes long second Colloidal Semantika Session, as a follow-up to the 2015 release (always on LUCE SIA), that will be a total surprise for all those who could appreciate the first chapter! Impossible to miss!! As always limited to 60 numbered copies only. **8 CHF / 7.50 €**

2x

**-Nasty Face / Buffet Froid / Gout / Acid Shower**, "*Cretinous Swirling Idiocy*", tape. Another great gore drenched split tape by Choothar Tapes. Can't go wrong with this split series!! **5 CHF / 4.50 €**

1x

**-Sete Star Sept / Jeffrey Dahmer**, split tape. **5 CHF / 4.50 €**

1x

**-Uncle Grasha's Flying Circus**, "*Stalinist God*", tape. Fine noise from the Czech Republic. **5 CHF / 4.50 €**

1x

**-VVAA**, "*4 Ways To Fuck Crap*", tape, feat. RBMK / Gioventù Suicida Studentesca / Moana / Human Virus Transmission. Italian filthy electronics. **8 CHF / 7.50 €**

1x



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

(CD: 7-10 CHF / 6-8 Euro // CD-r: 3-5 CHF / 2.50-4.50 Euro, unless differently stated, plus shipping)

### •Our Stuff

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

1x

-**Insomnia Isterica**, "*Anthology Of Alcoholic Beverages 2009-2016*", CD. All the tracks previously appeared on 7"s from 2009 to 2016 on one single piece of plastic. Partly remixed and completely remastered to give the best possible listening and drunken experience. The CD version comes with a 20 pages booklet and a special packaging. **12 CHF / 10 €**

*Restock soon!!!!*

-**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.

3x

-**Mulo Muto**, "*Decomposing Cacophonies*", digipack CD. A 66 minutes crescendo of magmatic and piercing sounds, divided in 8 acts that creates an intense and powerful ode to putrefaction. Post-industrial noise with ambient and drone inserts. **12 CHF / 10 €**

*Many available*

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

2x

### •Other Stuff

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

1x

-**Ataraxy**, "*Worship*", pro CD-r in digipack. Last release of the ultra activist harshnoise monster from Germany.

3x

-**Bbarabapappa Butchery/ Mitch Buchannon**, split CD-r.

2x

-**Black/Lava**, "*Lady Genocide*", CD.

1x

-**Buffer**, "*Neophobia 2.0*", CD. Metalpunk from Mexico.

1x



-**Cadaver Cum**, "*Horri-fying Repugnance*", CD. Goregrind solo project by Nekro of Sposa In Alto Mare. Good and catchy compositions, well programmed drum machine and disgusting vocals.

3x

-**Cannibe / Ebola**, split 3" CD. Ultra noisy and gory gift for the freaks. Total old school Carcass worship, from the sound to the artwork. Amazing packaging for such a small thing.

1x

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

1x

-**Fingernails**, "*Rotten Souls*", CD. Italian longstanding metal warriors. For fans of the old metal in the vein of Motörhead, Venom, early Saxon and so on.

1x

-**Grunt**, "*Castrate The Illusionist*", CD. Latest Grunt's album. As good as you may expect from one of the best power electronics acts around. Freak Animal Records. **12 CHF / 10 €**

1x

-**Le Cose Bianche**, "*Come Sonno Nel Ventre*", CD-r with A5 cover. Another great release by one of the finest power electronics projects from Italy. **6 CHF / 5 €**

2x

-**Long Pig**, "*Barren*", CD. Hungarian grindcore.

1x

-**Mania**, "*Ultra-Negative*", CD. Incredible harsh noise plenty of junk abuse and layered extravaganza. A must! Freak Animal Records. **12 CHF / 10 €**

1x

-**Overcharge**, "*Accelerate*", CD. Speed metal punk armageddon from Italy.

2x

-**Point Break**, "*Class Struggle*", CD. Hardcore punk from Italy.

1x

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

1x

-**Slaiver**, "*Why Brothers?*", CD. Hardcore punk from Italy.

1x

-**Slogun/Wertham**, "*By Blood: In Blood*", CD. Collaboration CD between NYC true crime legend SLOGUN and Italo-anti-socialite Wertham. 10 tracks featuring collaborations and stand-alone tracks by both projects, focusing on different atmospheres, ranging from full-blast power electronics to constructed atmospheric industrial, completed with constant vocal assault. **12 CHF / 10 €**

1x

-**Spermbloodshit**, "*The Tourette's Syndrome*", CD. Heavy, vicious, funny and eventually good.

1x

-**The Nutries**, "*Mondo Alla Deriva*", CD-r. Hardcore punk from Italy.

1x

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

1x

-**Trepaneringsritualen**, "*Deathward, To The Womb*", CD. Death (or black???) industrial rituals from Sweden. Cold Spring. **12 CHF / 10 €**

1x



# MERCHANDISE

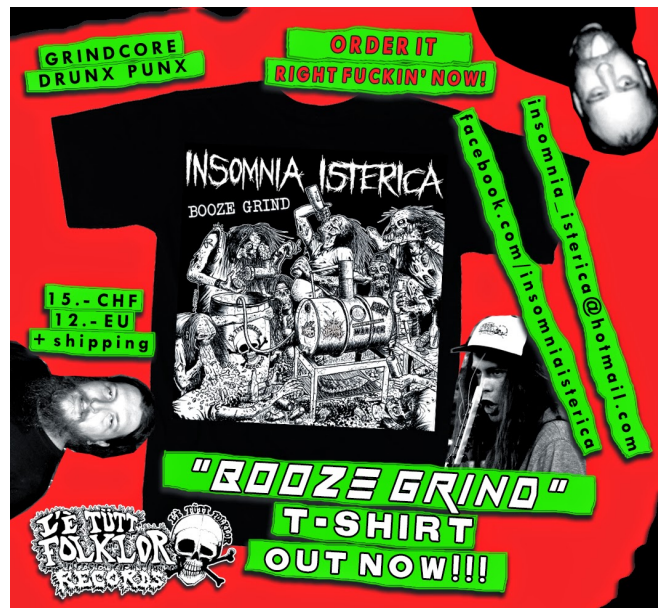
-Insomnia Isterica, t-shirt, "Cicitt Blastbeat" design. 12 CHF / 10 Euro (plus shipping).

Standard: S/M/L/XL/XXL, Girlie: S/M/L.



-Insomnia Isterica, t-shirt, "Booze Grind" design. 12 CHF / 10 Euro (plus shipping).

Last pieces available! 2x XS girlie, 4x S.



## FANZINES AND OTHER STUFF

-1269! **Ignoransa Controlata**. Special issue for the 10<sup>th</sup> anniversary of L'è Tütt Folklor Records. Fully colored, A5. Features the history of our DIY label and bands, as well as some personal thoughts about DIY itself and friendship. Issued in 2013. We thought we had run out of copies since a long time, but we've found a stash of copies around. **Free or for trade.**

~3x





## SHIPPING RATES

### EUROPE:

1x CD or 1x TAPE (up to 100 g, B5): CHF 2.90 (Economy), CHF 3.70 (Priority)  
1x 7" (up to 100 g, B4, depends on the actual weight of the 7"): CHF 3.80 (Economy), CHF 4.30 (Priority)  
101-250 g (up to 2 cm thick): CHF 4.90 (Economy), CHF 7.- (Priority)  
251-500 g (up to 2 cm thick): CHF 8.- (Economy), CHF 12.- (Priority)  
501-1000 g (up to 2 cm thick): CHF 10.- (Economy), CHF 17.- (Priority)  
PARCEL 1-500 g (over 2 cm thick): CHF 9.- (Economy), CHF 13.- (Priority)  
PARCEL 501-1000 g (over 2 cm thick): CHF 12.- (Economy), CHF 18.- (Priority)  
PARCEL 1001-2000 g (over 2 cm thick): CHF 23.- (Economy), CHF 30.- (Priority)

### REST OF THE WORLD:

1x CD or 1x TAPE (up to 100 g, B5): CHF 3.60 (Economy), CHF 5.- (Priority)  
1x 7" (up to 100 g, B4, depends on the actual weight of the 7"): CHF 4.20 (Economy), CHF 5.80 (Priority)  
101-250 g (up to 2 cm thick): CHF 6.- (Economy), CHF 9.- (Priority)  
251-500 g (up to 2 cm thick): CHF 9.- (Economy), CHF 16.- (Priority)  
501-1000 g (up to 2 cm thick): CHF 15.- (Economy), CHF 25.- (Priority)  
PARCEL 1-500 g (over 2 cm thick): CHF 11.- (Economy), CHF 18.- (Priority)  
PARCEL 501-1000 g (over 2 cm thick): CHF 17.- (Economy), CHF 30.- (Priority)  
PARCEL 1001-2000 g (over 2 cm thick): CHF 31.- (Economy), CHF 42.- (Priority)

### SWITZERLAND:

1x CD or 1x TAPE (up to 100 g, B5): CHF 0.85 (Economy), CHF 1.- (Priority)  
7"s, 1-500 g (up to 2 cm thick, B4): CHF 1.80 (Economy), CHF 2.- (Priority)  
501-1000 g (up to 2 cm thick, B4): CHF 3.60.- (Economy), CHF 4 (Priority)  
LP's and up to 2 kg: CHF 7.- (Economy), CHF 9.- (Priority)



### **Links and contacts**

Bandcamp: [folklorrecords.bandcamp.com](http://folklorrecords.bandcamp.com)

Blog with info and news: [folklorrecords.wordpress.com](http://folklorrecords.wordpress.com)

E-mail: [insomnia\\_isterica@hotmail.com](mailto:insomnia_isterica@hotmail.com)

Facebook: [facebook.com/insomniaisterica](https://facebook.com/insomniaisterica)

Swiss Post with info about shipping: [post.ch/en/post-startseite.htm](http://post.ch/en/post-startseite.htm)