



biography

The band F.O.B. rose in autumn 1995. The original line-up was Hans (vocal), Jirka "Coach" (guitars), Jirka "Bendis" (guitars), Tom "Corbow" (bass), Mártý (drums).

After some personal changes they released the first demo "only dead can survive" in autumn 1996 which was mix between thrash-death-doom. Coach appeared on vocal.

Cool reviews forced the band to record and release next demo "fobia" where they left the doom roots and the demo itself presents progressive thrash metal spiced with death metal influence. The band starts to tour and composes new material. MC „blame?“ (2000) is a goal in the history and shows the next future direction. The band pushed its style to the new arranges and new era of schizoblast metal begun. Corbow started to sing. After the release the band took place in some minitour, prestigious summer festivals and semifinal round of the Rock Made in Gambrius 2000 competition. The show in Jim Beam Rock fest 2000 was broadcasted by TV Luna (15/09/2001).

The years 2001 and 2002 are in full touring in Czech Republic and abroad and Corbow begun to growl all vocal parts meanwhile Coach took care after only about his guitar. Taking parts in some summer and autumn festival moves the counter of FOB gigs over 100. The band continues with its way and in late 2002 they have prepared complete stuff for the first CD release. In March, just before the recording Coach had to leave the band and new stuff is recorded only in three members.

The CD „FOLLOW THE INSTRUCTIONS“ was released by I.F.A. Records in autumn 2003 and the style doesn't stay on one place. New material contains more influence of another styles with progressive death metal parts. Album was supported by minitour with Equirhodont and Agony and many other gigs.

The year 2004 was the most successful time in the bands history. There are plenty of great reviews for the debut in magazines like Spark, Payo and Rockshock. The band appeared in the Czech Rock League 2004 with another 200 bands, went through to the final lap and hit the great third place. The number of gigs in 2004 was set for 30.

The second CD "DEFAULT" has been released in May via I.F.A. Records again and nowadays there is huge tour support which includes many places in Czech Republic and summer festivals as well.

band: F.O.B.
title: default
label: I.F.A. records
release date: 19/05/2005
medium: CD
total time: 38:57
genre: death metal

track list:

1	when knife cuts glass
2	awakening to dream
3	the need
4	lonely man
5	just another day
6	land of markets
7	imagination on the sea
8	god is technology
9	eternal pain
10	timeseller
11	restore default settings

discography:

1996 demo "Only Dead Can Survive"
1997 demo "Fobia"
2000 MC "Blame?"
2003 CD "Follow The Instructions"
2005 CD "default"

promo points:

200 promo CD for magazines, zines, labels, radios, distributors
advertisement in metal magazines
10.000 fullcolor broadsheets
3rd place in competition Czech Rock League 2004
huge live support of new album



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