



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

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 / 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.

-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...!

-Coffin Birth / Total Fucking Destruction / Insomnia Isterica / Skruta, 4 way split 7". Grindcore madness from Australia, the USA, Switzerland and Ukraine. White vinyl.

-Holy Money, "ST", 7". Amazing sludgy hardcore from Texas with ex-Hatred Surge members, etc.

-Godhole / Crozier, split 7".

-Horsebastard / Rageous Intent, split 7".

-Mesrine, *"Bad Seed... Spoiled Blood"*, 7". Full 7" by the Canadian grind machines.

-Besthöven / DIS-K47, split 7". D-beat from Brazil and the Czech Republic.

-Gride / Abortion, split 7". Two titans of fastcore and grindcore from the Czech Republic and Slovakia.

-Whoresnation / Chappa'ai, split 7". One of the hottest grindcore bands of the last years from France vs. creative noisecore mayhem from Hungary.

-Ritual Chamber, *"The Pits Of Tentacled Screams"*, LP. Fine death metal with gloomy atmospheres from the US.

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VINYL RECORDS

(7": 5 CHF / 4.50 Euro // 12": 12 CHF / 10 Euro, unless differently stated, w/o 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**

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**

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**

Many available

7"s

-**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!

3x

-**Coffin Birth / Total Fucking Destruction / Insomnia Isterica / Skruta**, 4 way split 7". Grindcore madness from Australia, the USA, Switzerland and Ukraine. White vinyl.

Many available

-**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.

~15x

-**Insomnia Isterica / Grosse**, "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. Grosse 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

•Other Stuff

LP's

-**Hangover Generation**, "*Get What You Deserve*". LP. Street punk from the South of Switzerland.

3x

-**Ritual Chamber**, "*The Pits Of Tentacled Screams*", LP. Fine death metal with gloomy atmospheres from the US.

1x

7"s

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

3x

-**Besthöven / DIS-K47**, split 7". D-beat from Brazil and the Czech Republic.

2x

-**Bloodred Bacteria / Ruined**, split 7".

1x

-**Brumm Brumm Boese**, "*Entlich Platte*", 7". Funny punkysh r'n'r.

1x

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

1x

-**Cum Sock / Hades Mining Co.**, split 7". Noisecore from Canada and the US. Limited to 100 copies on green marble colored wax.

2x

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

1x

-**Godhole / Crozier**, split 7".

2x

-**Gride / Abortion**, split 7". Two titans of fastcore and grindcore from the Czech Republic and Slovakia.

2x

-**Holy Money**, "ST", 7". Amazing sludgy hardcore from Texas with ex-Hatred Surge members, etc.

2x

-**Horsebastard / Rageous Intent**, split 7".

2x

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

2x

-**Leechfeast / Marnost**, "*Miasmata / Lidé Si Kupuji Pečené Kaštany*", split 7".

1x

-**Mesrine**, "*Bad Seed... Spoiled Blood*", 7". Full 7" by the Canadian grind machines. Gorgeous splatter

vinyl.

 $2x$

-Permanent Death / Pissdeads, split 7". Ultra noisecore attack from Belgium and Russia.

1x

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

1x

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

1x

-Soul Asylum, "Misery", EP.

1x

-Whoresnation / Chappa'ai, split 7". One of the hottest grindcore bands of the last years from France vs. creative noisecore mayhem from Hungary.

 $3x$

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TAPES

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

•Our Stuff

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

3x

-**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 / 4.50 Euro**

Many available

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

5x

-**MeVdA / Xtematic**, split tape, C60 tape. Experimental noise from Switzerland and Croatia. M: I: “Too Scared” starts with a heavy synth sound and evolves into a multilayered collage of noises and drones that slowly falls and transmutes into “II: Trying To Care”. Loop tapes produce a mix of dreamy but scary sounds that then mutate with strange rhythms created by concrete elements that give a sort of post industrial feeling. X: presents 4 tracks that span a quite different palette of tastes and techniques. The first track starts with some strange sort of “underwater sounds” interposed with discharges of harsh noise. The second track follows the same structure with unique sounds that recreate uneasiness. The third track has a “jazzy” feeling and is probably the real surprise of this side. Noise takes over after a couple of minutes and invests you without mercy. The forth and last track, entitled “Future Doom Manifestus”, starts slowly to then be hit by a huge thunderstorm. **5 CHF / 4.50 Euro**

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 Euro**

Many available

-**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. **5 CHF / 4.50 Euro**

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 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**

 $3x$

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

 $3x$

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

1x

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

 $5x$

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

1x

[illegible]

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, 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**

1x

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

2x

-**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

-**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.

2x

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

1x

-**Razorrock**, "*Roll, Hard'N'Heavy*", full length CD. First album of the 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.

5x

•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.

2x

-**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

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

2x

-**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

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

1x

-**Musikantenstadlmassaker / Vomitous Discharge**, "*Ahnenfurz*" / "*Enough Is Enough...*", split pro CD-r released by Vomit Bucket Productions. Absolutely insane electro stupid noise assholeism and great grindcore from Germany with Ulcerhorea 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

-**Opposition Of One**, "*In The Line Of Change*", CD. German hardcore.

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

-**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

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

1x

-**Splattered Nachos**, "*The Ultimate Ranz Session*", CD-R. 1-hour improvisation-session (4 tracks),

1x

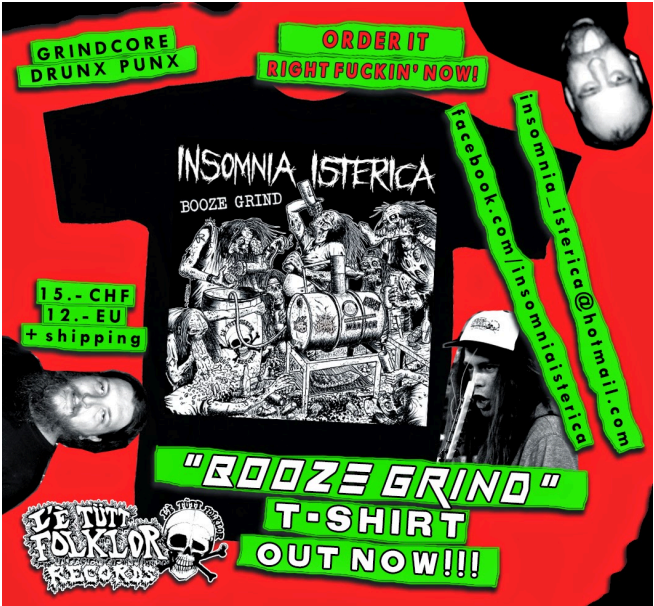
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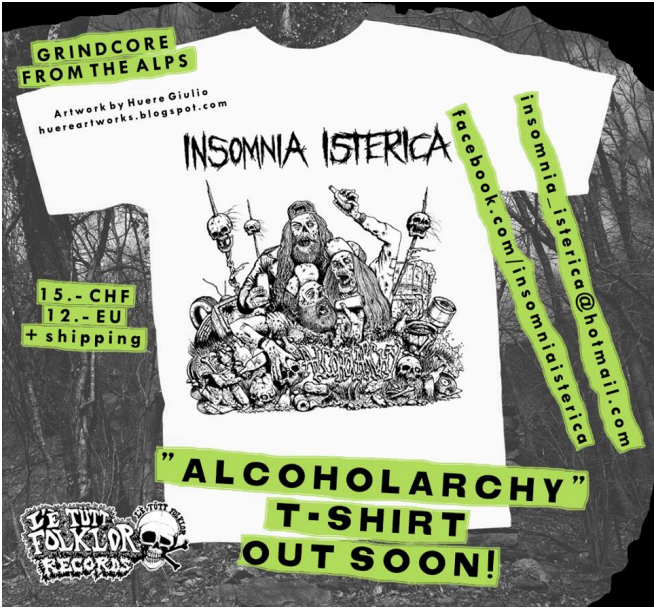
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MERCHANDISE

-**Insomnia Isterica**, t-shirt, “Booze Grind” design. **15 CHF / 12 €uro** (plus shipping).
Available in S / M / L for boys and XS / S for girls. XL and XXL are sold out.



-**Insomnia Isterica**, t-shirt, “Alcoholarchy” design. **12 CHF / 10 €uro** (plus shipping).
Available on white print on black t-shirt, XXL. Last ever piece from the 2014 tour!



FANZINES AND OTHER STUFF

-1269! Ignoransa Controlata. Special issue for the 10th 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.**

~4x

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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)

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Links and contacts

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