



NIGHTMARE RECORDS

Prog-Power Label; All Metal Distribution and Online Store

Nightmare Records & Distribution

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Pownd "Circle Of Power"



[\(Nightmare Records \)](#)

UPC: 734923003922

Cat#: NMR-282

Genre: Metal/Rock



The Hard-Rocking, heavy-hitting metal band POWND hails from Kentucky, promising to capture the ears of fans of this genre with their brand of old-style rock armored in metal. The range and subject matter and diverse stylistic influences is evident in their 11 song label debut CIRCLE OF POWER. Continuing in the tradition of some of rock's most successful bands, POWND was founded by brothers Michael and Ronnie Duncan. Vocalist/songwriter Michael boasts formidable songwriting chops and a virtuostic range, while guitarist Ronnies incredible taste and attention to tone helps create the grooves that define POWND's melodic mega-riff sound. POWND formed in 1996, self released two previous fan based underground albums, that were sold faster than the band could burn them, during their relentless touring of almost every state in America. Dispite their goals to take their music to a higher level, POWND never compromised they're music by jumping on the latest trends. POWND has toured with ICED EARTH, ROB HALFORD, OPETH, NEVERMORE, CHILDREN OF BODOM. in their passion for bringing their music to the masses. Their music will be featured in the upcoming horror movie "STASH", and tehy will tour extensively in 2007 in support oftheir new release "CIRCLE OF POWER".

<http://www.myspace.com/pownd>

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Track Listing:	Â
Â 01. Still I Bleed	Â
Â 02. Blind	Â
Â 03. Monster	Â
Â 04. The Stand	Â
Â 05. Changes	Â
Â 06. Never Means Forever	Â
Â 07. Divided	Â
Â 08. Slowly Drowning	Â
Â 09. Ellie	Â
Â 10. Place in the Sun	Â
Â 11. Swatting Flies	Â

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