

Heavy Is The Head has released their second EP, and it is definitely a head banger! “No More Time” could be the theme of the underground, as it carries that passionate anger that you often find in the hidden places of suburbia. This album conveys the atmosphere you can really only find in someone's backyard, or a local venue, or through your friends spotify. With the heavy foundation of thrash metal violence, the straight-forward lyrics really have that in-your-face impact that every hardcore band reaches for, and it seems to come easily to Heavy Is The Head.

The EP has this heavy build up of an entrance with the first track “Broken Body/Beaten Man”, which is the perfect introduction to the contents of this four-track record. The first instrument to grab your attention is the bass, which comes in with this dark-toned riff to set the scene. Soon after the bass has had its moment of limelight, the drums kick up to join the growing tension. The collaboration of guitars enters with a classic punk rock slide in and then; enter the “hear me now” vocals.

This powerful presence the singer’s voice carries is something that is not abandoned, or even diluted, throughout all four tracks. The heavy metal potency of his voice carries right through the speakers into the air around you, having this presence that demands to be heard. A voice like that is hard to come by in new metal bands as they sway to the more scratchy tune of things in this modern age, but “No More Time” brings you right back to the days of old-fashioned hardcore. This low-octave, raw chest tone is very impressive to have, and even more impressive to never stray or shy away from. The vocals are definitely the statement piece to this EP’s fashion.

Although the vocals do play a prominent role in bringing you back to this original metal/punk/hardcore sound, they are definitely not doing it alone. Both the guitar and bass are extremely fast-paced, energetic, and coordinated. They have a way of complimenting each other that flows, or rather, thrashes, through the songs seamlessly, each having their well-deserved moments to shine. While all of the songs have the break-downs to get the crowd moving, the song “Chapters” has this guitar solo that is absolutely jaw dropping. The bass and guitar are great throughout all of the songs, but they would be bleak without the drums. The drummer of this band provides the fast-paced (and I mean *fast* paced) timing to hold it all together, and acts as the back-bone of this operation. His work has a way of conveying you to hit the skatepark with these 2000’s punk rock roots.

Heavy Is The Head, the hardcore punk band hailing from Richmond, Virginia, is the perfect mix of influences that form a unique and impressive up-and-coming band. They have had a strong start in the music industry and have absolutely proved themselves to each be individually talented musicians that compliment each other very well in light of joining together on stage. The “No More Time” EP is a definitive, head thrashing, face-melting piece that made the perfect stepping stone in their journey through the music scene.