

PRONG

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Release: November 6, 2026

NY Metal Legends PRONG Take Triumphant Victory Lap on 14th Studio LP

Of the plethora of legends born from the primordial ooze bubbling at New York's most iconic punk club, CBGBs, there is only one **PRONG**. Forming during the venue's late 80s renaissance period alongside hardcore legends like Gorilla Biscuits, Madball, Sick Of It All, and Biohazard, **PRONG** set themselves apart with melodic sensibility on formative records like ***Beg To Differ*** (1990) and ***Cleansing*** (1994), becoming mainstays on the iconic MTV's "Headbangers Ball". With their boundary-pushing fusion of classic New York Hardcore, infectious grooves, and industrial textures **PRONG** laid the foundation for numerous styles of post-hardcore like groove metal, industrial metal, and crossover thrash. Since then, the band has done countless world tours becoming regulars at seminal festivals like Wacken and Brutal Assault. Now, they return with their Napalm Records, self-titled debut out November 6, 2026.

As the band's mission statement, ***Prong*** incorporates the well of styles their legacy is built on. Blistering thrash sections, open into lush choruses on opening anthem "*The Banner*", before somehow pushing the intensity even further on "*New Commission*". "*The Uprising*" reintroduces the band's industrial edge, weaponizing textured synths over a pulsating two-step, before "*Uncertain Truth*" flexes its melodic chops, offering a transcendently sweet hook. Immediately the band dropkicks listeners in the chest with the pummeling "*Fear The Sun*" inciting classic New York Hardcore pit violence. Iconic vocalist and guitarist Tommy Victor's chops come out in full swing on "*Proportionate Response*", a smoldering incitement of retaliatory justice, before the blistering kicks of "*Simulated Drowning*" propel us forward. Album closer "*Our Continuance*" brings things to a cataclysmic close with its menacingly methodical pulse and pummelingly discordant breakdowns, tied together with a lush chorus amplified with swelling synth textures.

With Andy Sneap at Backstage Studios for mixing and mastering, the album sounds crisp and punchy, Victor's biting lyrics confrontational and infiltrating, driving listeners to contemplate complex matters like the validity of truth, self-inhibitors, and altruism. Dynamically bold, ideologically driven, and melodically infectious, ***Prong*** honors their legacy, reminding us why the band has had such a successful longevity.