



DO OR DIE has always been a live band. Formed in 1999 and led by their founder/singer Chris, DO OR DIE always felt comfortable on stage, no matter if it was at the big European festivals, opening for bands such as Hatebreed, Agnostic Front, ProPain and Biohazard or in front of 100 kids in a club, they always put out the same energy as if it was their first show. After the first 7 inch EP "Tears of Rage" (500 copies sold in less than a month) got released, they immediately started playing shows non-stop all over Benelux and France.

Their first full length "Heart Full of Pain" came out in 2001 on I Scream Records. More shows/tours followed and they also recorded their second record, "The Meaning of Honor", in the same year, which was released in early 2002. DO OR DIE then faced a tough period in their career. Half of the band decided to quit in 2003 because of a conflict between their personal lives and the exhausting touring attached to being in DO OR DIE.

2004 saw them return with a new line-up and the loudest comeback imaginable, when they played Pressure Fest, Graspop and Fury Fest on the same weekend. "Tradition" got recorded around that time too and was released in 2005, marking their first effort for Alveran Records and the start of their cooperation with M.A.D. Tourbooking, both of which opened the doors to Germany for the band. One of the guitarists left the band in the same year, but the rest of DO OR DIE, already familiar with throwbacks, were not willing to put it down and continued promoting "Tradition" across Germany, Holand, Poland, Sweden, and well known festivals like the Dour Fest, Pressure Fest, With Full Force and even the Superbowl of Hardcore in New York.

Albums

Tears Of Rage (7") - *I Scream Records* 1999

Heartfull Of Pain (CD) - *I Scream Records* 2001

The Meaning Of Honor (CD) - *I Scream Records* 2002

Trinacria (Live CD) - *I Scream Records* 2003

Tradition (CD) - *Alveran Records* 2005

Pray For Them (CD) - *Alveran Records* 2008

Pray For Them (12") - *Indipendenza Records* 2009

The Downfall of The Human Race (CD) – *Demons Run Amok Entertainment* 2011