



**Rock and Roll and Meandering Nonsense...** : This is the home of reviews, articles, interviews and general thoughts about punk, indie, metal, alt country, alternative, no depression, hip-hop, hard rock, soul, etc, etc, etc. Really, it's just a bunch of rambling garbage about rock n roll that spills out of my head...

ERS

vinyl  
chuck

THIS BLOG  
FOR

actively looking for music. If you are a or a label or a .crist and you'd like to check out what we're doing, review your or interview you, contact me [HERE](#). I am currently submitting news and articles to [AMP](#) and [Glide](#)azines as well as [Post](#).

the sake of consistency, I use the following guide when rating albums:

Classic  
Best of genre  
Good  
Mediocre  
Poor

THE RRRNONSENSE

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WS BY RATING

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WEDNESDAY, JULY 02, 2008

## Free Controlled Bleeding download

Controlled Bleeding, one of the earliest American acts to pioneer industrial music, is celebrating its 30 year anniversary with a free download of "Wall of China Love Letters," the second track on *Before the Quiet*, just released by MVD Audio. Oddly, although the song was recorded in 1978, the abrasive, bouncing, instrumental could be a musical blueprint for the bands coming out of Williamsburg's disco punk scene.

"Wall of China Love Letters" [mp3](#)

Although Controlled Bleeding has been and always will be lumped into the genre of old school industrial music, their earliest inspirations were steeped in the first wave of New York City punk bands like The Dictators, Dead Boys, the Ramones and the brooding technical brilliance of King Crimson, Mahavishnu Orchestra and Henry Cow. *Before the Quiet*, a collection of music from the early formations of the group, infused with the hunger and intensity of youth, clearly illustrates the collision of these seemingly opposing influences. Recordings from 1978-1982, assembled by main man Paul Lemos capture the different early eras of Controlled Bleeding. *Before the Quiet* is an incredible peek back into the early days of "anything goes" alternative music.

[Website](#)

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Myspace

Other Controlled Bleeding side projects include [The Breastfed Yak](#), [Skin Chamber](#) and [Fat Hacker](#).

Labels: [industrial](#), [news](#)

POSTED BY BOB\_VINYL AT 12:22 PM

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