

Hi dude, how's it going?

*Carsten: Hey man – i'm fine – sitting here with a bottle of good ol german becks beer ☺*

Can you describe the band for those who haven't heard you? Influences?

*Carsten: I would describe the music as a mixture of new thrash metal and traditional bay area style thrash. All combined with a lot of melodie wrapped in a dark atmosphere. Our influences go from early metallica up to the 90's Forbidden and also modern stuff like Disturbed etc. We don't want to limitate our sound and so we get influenced by a lot of different styles.*

Your band name, did you take it from the Forbidden song "Face Down Hero"?

*Carsten: Yes it's taken from the Forbidden Song. It was half a year after the split of Kalis and mine former Band. I had a little time out after the split and then one night Kali and i were sitting together and we were talking about doing a new band. In a beer mood we said that no matter what the band name had to be a Forbidden song title cause it's one of our all time fave bands. So we were looking through all of their titles and Face Down Hero made it at the end.*

You had a band before F.D.H. called Mind-Ashes, what happened to that band? What did they sound like?

*Carsten: Mind-Ashes exists for nearly 10 years – from late 1993 until the beginning of 2003. It's hard to describe the sound of the band cause we putted out 3 records and every one soundet completly different. The first one was real technical thrash metal – a bit to compared with Death or early Sacrosanct – but not in any way as good as the originals. The second cd was more melodic with a very good vocalist. The third one was again with another vocalist and was the most traditional thrash based record of M-A but not really good produced and it has only 2 or 3 really good songs in my eyes. The band splitted up cause of permanent member problems – for example we did not make 2 CD's in the same line up – not even with the same singer. I was not really happy with the style we played in the last years and during the recordings for the last album i had the feeling that the fun for every member was gone and so we decidet to close the chapter Mind-Ashes.*

How big was the interest for Thrash Metal back in 2004 when you were founded?

*Carsten: I think thrash metal is and was allways the most underground metal style you can play as a band. In 2004 the interest was not very big cause in that time the metal-core style was growing very fast and many metal listners prefered the screaming or grunting vocal style. That was never my personal taste. But we've also never seen us as a traditional Thrash Metal Band or so. If you compare our style with the typical thrash metal sound like Destruction, Slayer or Exodus you have to admit that we sound more meldic and also if listen to our new record – darker than the typical thrash stuff. I absolutly adore Destruction, Kreator and that kind of bands but i never want to sound like they do cause you can not sound as good as they*

*do in their style – and the other point is that we also listen a lot to other metal and even non-metal styles.*

What response did your “Syndrome” demo get? How has the band developed since then?

*Carsten: Syndrome was a “press only” release. At that time we were still at the very beginning with the Band and our style was not so solidified that time. We did that whole thing just to give a first sign of life. I think the three songs on it were very different comparing to the style of the album songs. Maybe “The Pictureman” is the only song on it that could also be on the first album from the style. But all the songs on the new record are much more darker and also more melodic and technical than the demo.*

How did you manage to get a record deal with Yonah Records?

*Carsten: That was more a coincidence. We had a very strong plan about recording the first full length album following by a huge promo campaign to get a record deal. We said to ourself that we have to send the promo packages out latest 8 month after the promo cd. Unfortunately the mixing for the first album took about 4 month cause of the producer and so our whole time-plan was destroyed. We decidet then first to bring out the first CD as a self-release with the help of a promotion agency. So we were getting in contact wit cmm promotions and Marco of CMM liked the CD very much. He was asking if we had a record deal and we said no. Then he said that he knows a small company and he would like to show them our CD so that we had at least for all the magazines a record lable on the cd to get more attention. So Marco made the contact with Dirk of Yonah records and after some talkings we decidet to bring it out on yonah.*

How has the band developed from your first album to the latest one? Are there any musical differences between those two albums?

*Carsten: I think the first album was not so variable as the new one. Most of the songs were in the mid-tempo section. At the new album we were putting more speed in the songs and also the atmosphere of the songs are more dark.*

Who is the guy on you cover artworks? Is he a part of any lyrical concept for F.D.H.?

*Carsten: Oh no not reall. This Guy is Kjell from the german thrash band Reckless Tide. He´s on the covers cause Kai Swillus (The drummer of Reckless Tide) is doing the artworks for both cd´s. For both artworks Kai was looking for a cover model and so it came that Kjell is becoming something like the Face Down Hero Eddi now – hehe ☺.*

Kai Swillus made the cover art for your albums (who also made the cover art for Metal Church and Holy Moses), how did you get in contact with that guy? Was it you or the record label that found him and thought it was a good idea to make him paint the cover art?

*Carsten: Kai is playing drums for the german thrashers Reckless Tide. When i bought their first CD i was really impressed about the art-work he did for that record. I found out that Kai does a lot of artworks for different bands and so i was just mailing him if he´s interested in*

*doing the artwork for our debut Opinion Converter. Then i sendet him some lyrics and he started with some ideas for the cover anbd so we started to work with him. Kai is unbelievable creative cause he has all libertis when he´s creating an artwork for us. Both times he was only getting some lyrics and some rough mixes from the cd and he just started looking what fits the best to the music and the cd-title. I think he is one of the most talented cover painters cause he is not limitedated in his style and besides that he is a really cool guy. I´m sure we will work very often with him in the next years !.*

The thrash scene has really exploded the last few years, why do you think that happened all of it sudden?

*Carsten: The metal music is not so different to all the other music styles. I know many lables want that people think that but it´s all about business and money like everywhere. So it happens very often that there comes a retro wave for styles with a special image. They need allways new material that they can put in a special section and that´s easy to promote. If there´s nothing new at the moment you look to something that was there long ago and you start to promote this kind of music as long as you earn money with that. I mean don´t get me wrong – i love thrash metal and i like that it gets more attention again but the truth is that this attention will go away as soon as it was coming. I mean it´s kind of strange for me when i see now all the young thrash bands that play suddenly old school thrash metal and try to sound and look as much like 80´s as it could be. And unfortunatly most of the bands will be gone when the attention gets less.*

How is the thrash climate around where you live?

*Carsten: We don´t have so many thrash bands here in my hometown and around. The prefered style here is death metal or metal-core. But we have a lot of different metal bands here – from death / thrash up to melodic metal we have nearly everything here. Real traditional Thrash is still very underground here. But at the clubs they play a lot of thrash like Exodus, Machine head and so. We just do not have real traditional thrash benads here that i know.*

What do you think of all old thrash bands reuniting? Has your favourite band from the 80s reunited yet?

*Carsten: Yeah Forbidden have reunited for some shows and i still have the small hope that they will also do a new record. Forbidden allways was for me a really good example that a band can develope without following special trends and without ignoring their past completly. All the reunions are allways giving me a very mixed feeling. If the bands make that because of the fans or the good old times or even better when they make it because theyreally want to start the band again – then it´s a good thing. But a lot of bands just do it cause they try to milk their good old name again to make some extra money.*

*I think if you are a real thrash guy and you really love this kind of music- you never quit completly and start making a complete other direction in music. For example – i was more than happy that Anthrax was doing the reunion with belladonna but i was sure that they will not made it to a new record with that line up – and look now to them - i was right.*

I think there is two parts of the world wide thrash scene right now, first the retro-thrashers that want to sound like it did in the 80s, and then the modern thrashers, like you guys for example, who wants to get a more modern touch into the scene. Which part do you think is the best?

What do you think of the retro-thrash scene?

*Carsten: That´s also a very mixed thing. I know a lot of bands who were allways playing that 80s Thrash style even in the times when noone was giving a shit on that sound. I have a lot of respect for bands who just make their thing no matter what. But i do not like when bands start playing that old school style just because it´s trendy right now. I think it´s the wrong way when you want to sound like someone else. Look how many Slayer or Kreator clones are around since that retro thing – and none of that bands can really sound as good like the originals. For me as a musician it was allways primary to try to make my own style or at least not to limitade myself in any way. We are and never were looking if a song is thrash metal enough or fast enough or aggressive enough. We just want to combine all our influences without thinking if it´s now thrash metal or something else.*

What will happen to F.D.H. in 5 years?

*Carsten: In five years we will bring out our album nr. 7 and hopefully the name Face Down Hero is well known then in a good way – hehe.*

Any last words you want to share with us?

*Carsten: Many thx for that interview and for the really intersting questions !. Good luck with your mag – thanks to everyone who read this and i hope that we see us someday on a gig !*

Alright then, thank you for taking your time answering my questions. I wish you good luck with your band in the future.