



Iranian/Norwegian groove/death metal band Confess describes themselves as a “five-piece street protest.” This is not a figure of speech; Nikan Khosravi (vocals/guitar) and Arash Ilkhani (DJ/Sampler) have experienced political persecution firsthand, and the band's album “Revenge at All Costs” is a cry of outrage in the form of chunky, down-tuned riffs marinated with some powerful lyrics and raw energetic shows.

Nikan started Confess as a teenager in 2010, and they released their first album, "Beginning of Dominion" in 2012. The band's early sound gravitated towards old-school death metal and 90s hardcore, combining it with musical grooviness.

Arrest and prison followed the release of the band's second album, "In Pursuit of Dreams" in 2015. The experience of solitary confinement in one of Iran's harshest prisons inspired songs like "Evin". Nikan and Arash, the two original members of Confess, faced charges such as 'Blasphemy' and 'Propaganda Against the State' due to the lyrics of their songs. This forced them to stay in jail for a year and a half. Later, Nikan was sentenced to 12 years and 6 months in jail, in addition to 74 lashes, and Arash got 2 years of imprisonment. During that time, several major media outlets covered the story, and multiple legendary metal artists showed support.

In 2018, both Nikan and Arash obtained political refugee status in Norway. Confess started experimenting with seven strings and adding a modern death metal sound to their music. However, the groovy, headbanging spirit of their musical DNA remained a strong presence. In 2022, three new Norwegian musicians joined Confess, and the band was then ready to hit the road with a complete line-up.

Confess has been playing in public without fear of repercussions ever since. They have performed at several concerts in Norway, such as opening for Mayhem in 2021 and Batushka in 2023, as well as playing abroad more than once. In April 2022, Confess did a Norwegian tour, played at metal festivals and headline shows in Germany, Denmark, Finland, the Netherlands, Portugal, etc. Their latest milestone was the European tour with Nile, where they played in 11 countries and 16 cities.

While in Norway, Confess started to record an album that was written by Nikan while he was on bail from prison back in 2017. After moving to Norway, the result turned out to be the most anticipated and long-awaited album that they have released to this day: *Revenge at all costs*. Released via Rexius Records.

Confess released their long-awaited third studio album, "*Revenge at All Costs*" on January 21, 2022. The feedback on the new album was phenomenal: Metal Hammer UK magazine gave the album 8/10 and called it "One of the Holy Pillars of Metal in 2022!" Also, they added "*Revenge at All Costs*" to the "Top 50 Most-Anticipated Metal Albums of 2022." In March 2022, Metal Hammer magazine picked their last album, "*Revenge at All Costs*" as "One of the Best Metal Albums of the Year!"

The other respected rock and metal magazines that interviewed the band and reviewed the album were Hard Rock Italy (8/10), PowerPlay UK (8/10), Metal Hammer Germany (5/6), RockTribune Belgium (8/10), Metal.de (8/10), Devolution magazine UK (8/10) and many more. During the new album campaign, Nikan did many interviews with big media outlets, not limited to metal-focused media. For example, The Guardian, BBC (Newshour), BBC (Cultural Frontline), SkyNews, CBC (As It Happens), Manoto TV, Voice of America, Iran International, and Clash Magazine UK. (Some of the links are available down below.)

After the success of the last album and the positive feedback they has received, Confess has been working consistently on playing more shows, doing tours, and writing their fourth album. In the summer of 2023, they started recording and had the opportunity to work with the world-class drummer George Kollias from Nile and the Grammy-nominated producer Alberto De Icaza. The fourth album is planned to be released in 2024.

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Official website:

www.confessband.com

Social media:

www.instagram.com/confessband.official

www.facebook.com/ConfessbandIR

www.twitter.com/ConfessBandIR

The old Facebook page (Taken by the Iranian Government)

www.facebook.com/Confessband

Link to our music:

[Spotify – Confess](#)

[Confess on Apple Music](#)

<https://www.soundcloud.com/confess1>

<https://www.youtube.com/confess1>

<https://confessband.bandcamp.com>

Our new music videos:

“Megalodon”

<https://www.youtube.com/watch?v=xW8ev40ekZE&feature=youtu.be>

“Hegemony”

https://www.youtube.com/watch?time_continue=316&v=iPFnqR5UdHI

“Ransom Note”

<https://www.youtube.com/watch?v=RHd07wjxEE0>

“Eat What You Kill”

<https://www.youtube.com/watch?v=4fsINpbmIUM>

Current line-up:

Nikan «Siyanor» Khosravi – Vocals / Guitar

Arash «Chemical» Ilkhani – DJ / Sampler

Leonid Melnikov – Drums

Jo Aslak Åspås - Guitar

Håkon Løberg – Bass

Some coverages we received recently:

['I got 12 years and 74 lashes': Confess, the band jailed for playing metal in Iran | Metal | The Guardian](#)

[The best metal albums of 2022 so far | Louder \(loudersound.com\)](#)

[BBC World Service - The Cultural Frontline, Music, politics and identity](#)

<https://loudwire.com/confess-first-album-since-escaping-from-iran-new-song-megalodon/>

<https://loudwire.com/confess-eat-what-you-kill-song-lyrics/>

<https://metalinjection.net/av/new-music/confess-show-you-their-ransom-note-with-heavy-new-track>

<https://www.loudersound.com/features/confess-imprisoned-in-iran-liberated-by-metal-and-ready-to-share-their-incredible-story>

<https://hymn.se/2021/10/03/halla-dar-confess/>

<https://www.nrk.no/kultur/nikan-27-er-domt-til-12-ars-fengsel-og-74-piskeslag-for-musikken-sin-1.15481653>

<https://www.decibelmagazine.com/2021/09/08/track-premiere-confess-megalodon/>

<https://news.sky.com/story/jailed-for-playing-heavy-metal-music-in-iran-confess-on-making-a-comeback-after-prison-and-solitary-confinement-12473217>

<https://www.cbc.ca/radio/asithappens/as-it-happens-the-thursday-edition-1.6329813/they-were-jailed-for-their-metal-songs-in-iran-now-they-re-releasing-an-album-in-norway-1.6331728>

https://open.spotify.com/episode/3hd9ORaEkFUzS5XPKZgVaf?si=kjVnOMvjQ_iB6JccTxS4Q&utm_source=copy-link

<https://youtu.be/ShrAKcqi2Ys>

Some live footages:

[Confess - Live at Ly For Stormen 2020 \[Pro-Shot\] - YouTube](#)

[Mayhem | Confess \(Live at Festspillene i Nord-Norge June 24th 2021\) - YouTube](#)

[Confess - Eat What You Kill \(Live At Markedet For Musikk 2020\) - YouTube](#)

<https://www.youtube.com/watch?v=4jsPQRZirJs>

[EVIN \(Live at Quarantine!\) - YouTube](#)

Live at Slay At Home (Metal Injection Live Stream Festival)

<https://www.youtube.com/watch?v=7Uhj0AUvpo0>

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