



*At Your Core fan page we value genuine and good hearted people. We have to say that this band that came to THE DROP IN really embodies those qualities. Just reading the responses, it shows the openness and total honesty of this band's members.*

*This has been a really great experience. Their name says it all. They are having fun in Viercelli! They are doing their thing and creating valuable memories in their community. They don't hold back and they are very personable group of fellas that have that humanity that all of us should strive to have. Great sense of humor as well.*

*Without further ado....  
NO RESTRAINTS !!!*

**YC - Tell us a little about the name of your band, No Restraints. What does it imply about the music? How is the No Restraints message infused into your music and lyrics? How does the name, No Restraints, apply to your lives as individuals? Meaning, in everyday life when your not together as a band and your working, at home, and in the community how does, No Restraints, apply to those things? When your playing in front of people and entertaining them, in between songs, how does, No Restraints, apply to how you interact with the crowd?**

Johnny - This is exactly how it went about our name: It was march 2018 and I was in Montpellier at this is england festival, playing one of the last gigs with my former band and I was speaking with Nigel, an old skin from England and very good friend of us.

I was telling him about the new project and basically as a joke I asked him a name for the band. And he immediately goes: No Restraints.... Eh? Why? What it means? - It's like don't put limits in what you do and in how you live, break your chains, nothing can hold you back!... Nigel are you fucking kidding me? This is exactly what I had in mind, I am writing a song about this, I also used some of these words...and it is also exactly how I want to write the music, I love Oi! Street punk, hardcore and so on, I want to put in all these influences without caring too much about the genre...you know just let it flow...No fucking Restraints...and that's it...i still owe him a t-shirt and a single for that.

So basically this applies to everything we do, in life or in music, just be yourself, do what you like, do it your way!! Not sure how to apply this during our live shows...also because the most of our shows this year have been cancelled.

**YC - What does PMA mean to No Restraints, as a band?**

Johnny - Honestly i don't really know how to answer to this...we never wrote a song about this or discussed about it as group, for us it always been something more personal. But now that you make me think about that we should, right? I mean, it is something that always worth to talk about, in songs and between us, it is a positive message to spread.

### **YC - What does PMA mean to each of you separately?**

*Fax* - Just play music to me is a big part of keeping a positive mental attitude, it is a way to express what i have inside and also to relax and keep away the bad things. This is basically the biggest part of it, it helps to face everyday life.

*Fere* - Being myself...that is the most important part to me, my will, my way. The only way to keep that attitude.

*Dave* - Be better Now than yesterday and do what you want!

*Johnny* - Well i think that my answer is included in the following answer, so .. ;-)

### **How do you spread being positive in your everyday lives?**

*Johnny* - I am reading in this very period John Joseph's book about it: The PMA effect – how a positive mental attitude can make you the badass you were born to be – and aside the very nice title (i love it haha) it is very inspiring, keeping the right mental attitude can be very helpful to deal with difficulties and everyday life issues...and sometimes it is very hard to do it, especially when maybe many bad things happens all together.

About spreading it...well i have to practice more with it, I always looks like a grumpy motherfucker, but it's probably because, well, I am a grumpy motherfucker hahaha. Because it's not enough just being positive, you should also spread a bit of it right? Probably the two things feed each other.

### **YC - In Vercelli, how does the PMA look amongst the scene and the people in it?**

*Johnny* - You know the hardcore scene here in Vercelli, or VercHell how we call it now and then, it is not very big, a part us of the bands just a few of other friends. And aswell as i said in the first answer it is a more personal thing to each one of us.

### **YC - Tell us what the pandemic looked like in Italy. We heard many things about the lock down in Italy and it seemed like that could of been very challenging. what was that experience like?**

*Johnny* - It started really bad here in march, with thousand of cases and deaths, so when lockdown started it was very strange to see...the city was really desert and passing the whole day all the days at home issomething that we never thought we had to experience.

It was boring as fuck at the beginning, i thought I would become insane...but after a while you get used a bit. I was going out just once a week to buy food but it always felt really strange, the most of the people were really nervous.

After the first month i started to have a daily one hour walk with my nieghbour every afternoon in a courtyard close to our home...like in jail haha.

### **YC - How did it effect you all individually and also as a band?**

*Johnny* - For the band it was really bad, we basically had all our plans for this year destroyed...like everybody i think. We released our first single right one week before the lockdown, we had some european shows to promote it already planned and off course they have all been cancelled, and also

the plan to release our first album this year has been moved to 2021. So basically we were “launching” this new band and we’ve been totally stopped.

**YC - What was No Restraints doing when the pandemic hit? What are you doing now? any recordings? Any plans that changed and you will be revisiting in the future?**

Johnny - Fax our guitar player wrote a lot of new music and riffs, some of them already became songs after the lockdown, so he has been really productive. Also Fere and Dave worked on some new music. I worked a lot on the social media part, i created a website, a webstore, you tube etc. so basically we all tried to do what we could to keep this alive.

We have a new upcoming single, it will be a 7” split with Day Drinker from Holland and it will be released by the german label Sunny bastard records, probably around the end of november. We also just did the shooting of a videoclip for the song “our warzone” from that single, that will be released together with the single.

We also just officially started to work to our first proper album, we already have all the songs and we’ll probably start to record some demo version of the songs next week. I am really happy with that, there’s gonna be a lot of nice songs in it, mostly I really like the last we wrote.

**YC - How are you all supporting each other and keeping a positive outlook on playing shows in the future?**

Johnny - We had again a couple of concert cancelled that should take place in december so i was feeling everything but positive, but the good thing is that we just had a deal with Breakout promoting, that is an english/german booking agency with a lot of nice bands, so we are totally happy to have their help to organize our future gigs. So now we just need that this fucking Covid situation ends.

**YC - Growing up in a Italian family I know the importance of family, friends, food, and celebrating life. It was always interesting talking to elders about life in Italia. Can you explain the love you have as Italians for culture, your food, and enjoying life?**

Johnny - I am probaly the wrongest person to ask this question, i am a totally atypical italian haha, i always say that i’m not italian, i was just born here. But also because i had the chance to visit many european countries with my former bands, and everywhere in europe I found nice food, beutiful and characteristic places and nice people. So i enjoy it, wherever it is.

**YC - Can you also explain how work looks with taking a siesta? From what we understand in the U.S. that looks like a very large break in the day when you stop working and go back to be with family to have food and rest. It is also our understanding that you do return to work after the siesta. How much of this still is true today?**

Haha i thought this was something from Mexico, or Spain. Siesta is a spanish word by the way. Never seen something like that, i always broke my back the whole day with barely the time to stop for lunch, in some cases no time to stop at all. Working class is the same shit everywhere.

**YC - How does the joy for life translate into your music and your scene? Do you think this outlook influences people to be more caring toward each other in Vercelli Hardcore scene?**

Johnny - I always had a great passion in punk, oi! And hardcore, I also organized many gigs in the years here at the local venue, but i think that this is just about me and a few friends, it has nothing to

do with being Italian. Also because generally people here don't care so much about live music, venues are having tough times, any kind of music they plays. People here just want to go to disco, look cool, flaunt money that they don't have and these kind of fake shit. And generally being stupid.

This world never been made for me. I want to thank you and your core for this interview and for the support to our band, I/we really appreciate it. I also would like to invite you all to follow No Restraints for all the upcoming news, at this address you can find all the links to our socials, to our music on digital platforms, spotify, youtube etc etc: <https://linktr.ee/norestraintscore>

Cheers, Keep the faith – Johnny –

*Thank you so much Johnny. We really had a great time reading your responses. As far away as you are you will always be hardcore family to us here. The best of luck to you and the band. Great job No Restraint!*

*Thank you everyone for checking out the interview with No Restraints. Take care and be safe!  
YOUR CORE! Mostra meno*