

HEART BEAT & SOUL



ADHD #6

ADHD Records

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Line-Up: Óskar Guðjónsson (sax), Ómar Guðjónsson (guitar, bass), Davíð Þór Jónsson (hammond, piano), Magnús Trygvason Eliassen (drums)

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Life develops differently for different people. On an island like Iceland where everyone not only knows almost everyone else, but every musician, irrespective of his or her genre, has at some time played music with every other musician, irrespective of their genre, the lives of people develop very differently than in a country with 320 million inhabitants like in USA. The band ADHD has four members and comes from Iceland. Their five CDs are images of and capture something of the infinite wide space of the North, where far vistas are only interrupted by volcanos whose names even trained newsreaders find difficult to pronounce. Iceland – a land of extremes. And one of these extremes includes the fact that this country boasts an unusually high number of musicians in relation to the total population. Naturally, at times this can lead to friction. And such tension is evident in their new release “6”.

ADHD's motto might be: „We are family“. Keyboarder DAVÍÐ ÞÓR JÓNSSON, guitarist and bassist ÓMAR GUÐJÓNSSON, saxophone player ÓSKAR GUÐJÓNSSON and drummer MAGNÚS TRYGVASON ELIASSEN know each other since childhood. Above all they are friends who know they can rely on each other through ‘thick and thin’. More precisely they are the creative nucleus of a big family which also includes wives, children, friends, relations and like-minded comrades. It is never dull in the hurly-burly ADHD home. And since 2009 they are a band. But as they have known each other for so long they never bothered with definitions and categories. ÓSKAR GUÐJÓNSSON comments: ‘Many bands work together for musical reasons. With us it’s a bit different. Our musical backgrounds are very different, but we belong together. In the band we can define our common basis.’



This search for common ground in the concentration on expansive vistas creates the unmistakable accord among these four Vikings. Although each of the musicians has clear roles, what matters to them fundamentally is the collective sound which in turn is so dense that the collective dissolves into a unified whole. They are a band in which the four 'extremists' can freely grow, but entirely without "flexing muscles" towards one another.

The band's name ADHD (Attention Deficit Hyperactivity Disorder) may be somewhat confusing indeed in the face of the hypnotic effect of their music. But GUÐJÓNSSON acknowledges that the music may even have a therapeutic effect on the group itself. As with a volcano, the energy first concentrates in the interior, only to erupt with all the more intensity and force. In their new album "6", ADHD focus even more than before on, and impress their audience with, their eruptive live energy.

"6" – The numeration of their titles is taken from Led Zeppelin. In many ways the new album constitutes a caesura. In the studio, ADHD took far more time than usual for its completion. And suddenly, like geysers, sounds come to the surface that one would not have expected. From the strict composite of a cohesive quartet, four individualists begin to emerge who stand with one leg on their common platform, while daring to move into different directions with the other. It rocks, sizzles and bubbles; contrasts develop and the music remains contemplative in jazzy flow. Yet, suddenly there are also some strange noises, detours and distractions which hitherto have not appeared in this form in the group's repertoire. GUÐJÓNSSON smiles: 'Contrasts - Isn't this what life is all about?'

Sound engineer ÍVARI RAGNARSSYNI, the fifth and 'secret' member of ADHD, plays a further important part in the band's new formation. In the rugged landscape of Icelandic sounds, he is able to distil all the contrasts, contours and chasms in the music, thus doing justice to the band's rich stylistic diversity. But not only that, the band's music comes across more rugged, more direct than before. Peace, ADHD's central motif, is sometimes interrupted by echoes of urban rage and stubbornness. GUÐJÓNSSON thinks this is due to the fact that by now all four members have become fathers themselves which puts the focus on family affairs once more. 'At this stage, we know what life is all about. That also comes out in our music.'

ADHD do not deny their roots in jazz. Improvisation and spontaneous reactions are still very much part of the components of their music. Musicians, however, who live in a country of only 300.000 inhabitants have to be versatile. Thus they are open to and allow for all sorts of musical matters which interest them. With every album they increase the radical consciousness with which they play their monolithic, yet holistic, music. And they go the whole hog. In "6" they leave behind all rules and worries and reach a point whereby the only thing that matters is self-expression in sound. It seems as if the script for their new album "6" has been written directly from life into their instruments. – And that is good because in this way the family continues to grow.

The band is available for interviews.

For general requests concerning the band or the album, please contact us.

Additional press stuff: www.heartbeatandsoul.com/en/release/adhd-6

Tracklisting:

		ISRC:
1. Magnús Trygvason Eliassen	06:32	ISV441626201
2. Levon	05:02	ISV441626202
3. Spessi	04:55	ISV441626203
4. Rebroff	04:25	ISV441626204
5. Alli Krilli	08:16	ISV441626205
6. Fyrir Rúna	03:18	ISV441626206
7. Tvöfaldur Víkingur	06:40	ISV441626207
8. Með Ívari	04:31	ISV441626208

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