PRYMA are a relentless four-piece from the South East of England, bringing a crushing mix of experimental metal, groove, and thrash to every stage they hit. Built for chaos, their explosive live shows are all about big riffs, bigger energy, and crowds that don’t stand still.

Tearing across the UK and Europe, PRYMA have been building serious momentum with a rapidly growing fanbase and a reputation for leaving it all on stage. They smashed the Jägermeister Stage at Bloodstock Open Air, ripped through Call of the Wild Festival, and featured on Bloodstock TV, with “MY COLD SHADOW” landing in the official 2023 advert. Their track “DEAD TO ME” has also hit the airwaves on BBC Radio 1 and Kerrang! Radio.

Following the release of “MASK” in February 2026, PRYMA unleashed their latest single, “JOHN DOE” (September 2026) — a fierce, unapologetic track fuelled by defiance, anger and raw aggression. Having torn the roof off the DogHouse at Download Festival in front of thousands of fans and secured a record deal with Mighty Music, PRYMA are proving they're a force to be reckoned with.

PRYMA aren't just loud. They mean it.

LATEST VIDEO - JOHN DOE - PRYMÄ - John Doe (official video)