Short bio:

*Knosis is the brain child of Japanese multi-instrumentalist and vocalist Ryo Kinoshita. With songs written to represent the internal battle Ryo has faced during the past few years, they are filled with pure emotional essence of pain and loneliness which can be seen through the lyrics and dynamics of each song. Prepare yourself for the first book of Ryo Kinoshita’s new journey.*

*Knosis encompasses everything from metal riffs to hardcore breakdowns and sets all listeners off to break their PBs in the gym, while offering a unique set of emotions that bring them through up and down spirals, helping them to carry on through the day.*