

Ing

ow a lot of you are probably wondering what ING is supposed to stand for. Well, it stands for pure unadulterated HATE!!! We're a thrash outfit from Cape Town, South Africa who believe that all good verbs end in ING. Whether it be loving, hating, drinking, smoking or killing, much depends on whether you see Mother Theresa or Geoffrey Dahmer as your mentor. What we do offer with certainty is hate without discrimination, enough to put a smile on your face. We take the **** out of all people's tolerance or intolerance for religion, race, ethnicity, sexual orientation or political affiliation. We draw influences from thrash, power and death metal, punk and psychobilly rock. If you like it, spread it like its a disease.

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