



# FMA + 12 GVGE



*"The father and son of unholy flows spit with a unique, roughly-hewn, Prestonian intensity"*

*Tom O'Boyle – Metal Hammer*



FMA + 12 Gage are a multi-award-winning father and son rap duo from Preston. Made up of Matthew and Callum Bennett, the project initially began in 2013 as a way of helping Callum's confidence but snowballed into something that neither of them could have predicted. Their music is built around creative lyrics and tightly woven, imaginative dual vocals. Combining the aggression of metal and the verbal skills of hip-hop with the energy of youth and the experience of age, they create hybrid songs that are a fusion of high energy rap, electronic, metal and dance music.



They have performed all over the country, written for award-winning TV shows and films and have been featured on TV Asahi in Japan and other worldwide streaming services. In 2023 they played their first overseas shows and were invited to perform at the legendary Rebellion Punk and Grimfest metal festivals. A common phrase heard at any of their performances is, 'I don't normally like rap, but I liked that!'

Energy, skill and passion transcends genres.



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The pair face many mental health difficulties that stem from Autism and Dyslexia and they use their creations as a way of expression and to combat the issues that they both face in their day to day lives. Through their work with the Neurodivergent Crew collective, they aim to raise awareness and educate people on how creativity can benefit mental health. Helping others is an important part of what they do.

They are currently working on their next project, an ambitious four-part multimedia album called Verses. The first part of which is out now -

[Verses: Chapter One](#)



[FMA12GAGE.COM](http://FMA12GAGE.COM)



FMA + 12 Gage are an unstoppable combination of intensity,  
aggression, pain, energy and inspiration.

They are an act unlike any other...



*"So talented, an absolutely breathtaking performance"*

*Anna Kennedy OBE*

**CONTACT:** Matthew Bennett

[MBennett@madetocreate.uk](mailto:MBennett@madetocreate.uk)