



Beginning of 2007 PROKE was founded by Roman Viehöver (Bassguitar and Vocals), Tilman Collmer (Drums) und Markus Pralle (Guitars)

From the beginning PROKE was motivated to write and play own songs, delivering maximum power mixed with enthusiams and fun for the audiance.

By Combining elements of Thrash, Death and Progressive-Metal PROKE accomplishes what many other bands are longing for: their own and unique style

PROKE songs provide much more in harmonic- and rhythmic composition compared to metal-typical-power-chord arrangements. This might come from the fact that 2 out of three of the PROKE members are studied musicians.

In 2009 the first 5-track CD „Feldberg“ was released (produced by Christoph Brandes Iguana Studios - Necrophagist, Finsterforst, Unlight, Deadborn etc.) receiving very positive feedbacks.

The new full-length CD **“As you sow, so you shall reap”** was published September 16th 2016 on 7hard and is available worldwide on iTunes and amazon-music.

Right now, it's evident, that the new CD will bring the underground band PROKE to a new level.

In live situation PROKE convinces with high energy and power – a well practised band, refined and far from being monotonous metal

In 2015 PROKE opened for NAPALM DEATH in Freiburg, receiving excellent feedback and enthusiastic reviews.

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