

The bassist and drummer started exploring music together in early 2018 after the drummer answered an ad for: Bass Player Looking Heavy Fuzz | Doom | Stoner | Psyche | Sludge.

Initial jams included enthusiastic but chaotic approaches to stunt guitar. After some months it was decided an actual guitarist was needed. After a few unsuccessful jams, the bassist met a guitarist he knew and asked him if he would be interested in seeing where it goes. After being given the wrong directions, the guitarist made it to the practice space.

Because early jams were essentially guitar-less, the music writing process ended up following a similar format: typically, ideas for baselines were brought in to work on with the drums, before being presented as longer ideas for the guitar. This approach freed the guitar up to explore sonic territory, and counterpoint, rather than leaning heavily into doubling and unison. The drums and bass lay that foundation for the guitar.

By mid 2019 Kult Ikon was playing shows. In late 2019 [Sheet Metal Sessions](#) were self-recorded in the practice space and released in May of 2020. The sessions are available on CD or as a download. Its release coincided with the plague.

The trio took a short break as the world went into lock down, but soon they were back in the practice space trying to process and exercise. Things were slow-going, with pieces of music being discarded or completely reorganized after months of work.

As the world reset and restarted Kult Ikon were putting together the final pieces of music that would become their forthcoming, self-recorded album [Black Iron Prison](#), which was released in March of 2024. An early version of Lost Sea was released as a single and is part of the [Weedian: Trip to North Carolina compilation](#).

Sheet Metal Sessions was given an update in March of 2026, and released under the name [Sheet Metal Session 2026 Remix](#). It is a fresh mix of the original recordings shaped by eight years of experience with Kult Ikon and the techniques developed during the creation of Black Iron Prison

In May of 2026, Kult Ikons drummer decided to leave the band. While a tough decision all round it was amicable. Moving forward has been a challenge, but to continue on Kult Ikon began utilizing electronic drum parts created by Scott and Ryan.

Kult Ikon's music is slow, heavy, and introspective. It occupies a space between post-metal and progressive doom with long mid-tempo pieces. The music ebbs and flows from prettiness to heaviness, draped across unexpected structures, creating compelling listening