

August 14, 2018
For Immediate Release

**BLACK BELT EAGLE SCOUT SHARES NEW SINGLE, "JUST LIE DOWN,"
AND ANNOUNCES NORTH AMERICAN TOUR**

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photo credit – Jason Quigley

"The electric guitar that starts 'Soft Stud' bristles with a coarse riff. The tone is brittle and blunt, rattling from the amplifier as it wordlessly confesses deep frustration. But Katherine Paul's voice, which glides over the guitar, is an elegant curve, all practiced and gathered." — *Pitchfork*

"You'll hear echoes of early Hole here, but you'll also hear a powerful new voice grappling with her heritage and her sense of place. 'Soft Stud' is a great track, and the crazy part is that it's not even my favorite track on the album" — *Vulture's Best New Songs of the Week*

"'Soft Stud' expresses the complexity of queer desire, layering intimate lyrics and clean melodies over fuzzy guitar." — *NPR's All Songs Considered*

"['Soft Stud'] . . . feels surprisingly compact, tight nerves and circuitous guitars and muddy drums building and breaking." — *Stereogum*

"Sludgy guitars clash compellingly with Paul's rich, yearning vocals, which eventually dissolve into a chaotic and cathartic instrumental outro." — *Consequence of Sound*

"...a sprawling, yet intimate six-minute odyssey on which Paul pairs tender lyrics with transcendent, seeking instrumentation." — *Paste*

Black Belt Eagle Scout (aka Portland-based **Katherine Paul**) is an **indigenous queer musician** whose debut album, ***Mother of My Children***, is about "*grief and love for people, but also about being a native person in what is the United States today.*" *Mother of My Children* is out **September 14th** via **Saddle Creek**. Paul will tour North America surrounding its release (all dates are below). After sharing lead single, "**Soft Stud**," Black Belt Eagle Scout now presents "**Just Lie Down**."

"I started working on the guitar line for this song at the end of a five year stay at a big duplex I was renting in Portland. This had been the longest period of time I had ever lived anywhere that wasn't my parents' home. I was being kicked out of the place because the landlord wanted to renovate and hike up the rent. This was the case for a lot of Portlanders at that time (and still is) as the city was on a steep course of gentrification.

*My life shifted and I ended up moving in with people I had never met to a smaller, but comfy situation in a different part of town. There was a Corgi named Dayton involved. The room in this house is where I worked on the majority of the songs for *Mother of My Children*, staying up late and turning up my guitar amp volume when I could. I was in a new place and the feeling of 'home' was never really present when I lived there. It was a really disconnected time in my life thus warranting the initial bits and pieces of 'Just Lie Down.'*

So many things didn't feel foundational and at times I felt like I was losing it. I remember thinking, 'You aren't yourself right now. What is wrong with you? Why are you acting like this? What even is this?' and that's where most of the questioning lyrics in the song came from. I like to find some sort of resolution in my songs be it a feeling I get from playing it, a certain part of the song that has lyrics that reflect it, something. My resolution in this song is when I sing the lyrics, 'Just lie down, head on the ground, sky looks blue, just like you.' To me, it was a simple poem you could say to yourself that means even though you are sad, even though there seems like there is no hope, look up and see what is above you. The sky is still blue and beautiful. Hopefully you will see that beauty and move forward."

Paul grew up in a small Indian reservation, the Swinomish Indian Tribal Community, surrounded by family focused on native drumming, singing, and arts. From an early age, Paul was singing and dancing at powwows with one of her strongest memories at her family's own powwow, called the All My Relations Powwow. Paul reminisces, "*When I was younger, my only form of music was through the songs my ancestors taught the generations of my family. Singing in our language is a spiritual process and it carries on through me in how I create music today.*" With the support of her family and a handful of bootleg Hole and Nirvana VHS tapes, Paul taught herself how to play guitar and drums as a teenager. In 2007, she moved to Portland, Oregon to attend college and get involved with the Rock'n'Roll Camp for Girls eventually diving deep into the city's music scene playing guitar and drums in bands while evolving her artistry into what would later become Black Belt Eagle Scout.

Listen to Black Belt Eagle Scout's "Just Lie Down" —

<https://BBES.lnk.to/MOMC>

Listen To "Soft Stud" —

<https://youtu.be/LXsfiYigeg4>

Black Belt Eagle Scout Tour Dates:

Fri. Aug. 31 - Columbus, OH @ Wexner Arts Center #
Sat. Sep. 1 - Detroit, MI @ Deluxx Fluxx *
Sun. Sep. 2 - Chicago, IL @ Beat Kitchen ^
Tue. Sep. 4 - Pittsburgh, PA @ Spirit Lodge #
Wed. Sep. 5 - Boston, MA @ Brighton Music Hall #
Thu. Sep. 6 - New York City, NY @ Bowery Ballroom #
Fri. Sep. 7 - Philadelphia, PA @ PhilaMOCA #
Sat. Sep. 8 - Richmond, VA @ The Camel #
Sun. Sep. 9 - Washington, DC @ Black Cat (Backstage) #
Tue. Sep. 11 - Durham, NC @ The Pinhook #
Wed. Sep. 12 - Atlanta, GA @ Drunken Unicorn #
Thu. Sep. 13 - Tampa, FL @ Crowbar #
Fri. Sep. 14 - Tallahassee, FL @ The Wilbury #
Sat. Sep. 15 - New Orleans, LA @ Gasa Gasa #
Mon. Sep. 17 - Austin, TX @ Barracuda #
Tue. Sep. 18 - Ft. Worth, TX @ Main at South Side #
Wed. Sep. 19 - Norman, OK @ Opolis #
Thu. Sep. 20 - Lawrence, KS @ Bottleneck #
Fri. Sep. 21 - St. Louis, MO @ Off-Broadway #
Sat. Sep. 22 - Davenport, IA @ Village Theater #
Mon. Sep. 24 - Lexington, KY @ The Burl #
Wed. Sep. 26 - Omaha, NE @ Reverb \$
Fri. Sep. 28 - Denver, CO @ Hi-Dive \$
Sat. Sep. 29 - Salt Lake City, UT @ Diabolical Records \$
Sun. Sep. 30 - Boise, ID @ Funky Taco \$
Wed. Oct. 3 - Spokane, WA @ The Bartlett \$

* = with Varsity

^ = with Shortly

= with Saintseneca

\$ = with Guerrilla Toss

Pre-order *Mother of My Children* –

<https://BBES.lnk.to/MOMC>



Mother of My Children cover art

[Facebook](#) | [Instagram](#) | [Bandcamp](#)

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