

Bruise Your Body Breaks

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Bruise Your Body Breaks has been around since 1998. The name Bruise Your Body Breaks came about when Natural Nate was spinning at a party. After his set, a guy came up to him and showed him a bruise that was on the left side of his back. He stated that the bass was hitting so hard that it bruised his body. So as stated, "If the dancing doesn't bruise your body the music will!" They debuted on the internet via BreaksFM with their international radio show at the beginning of 2007. Starting June 2007, the Bruise Your Body Breaks team has brought the love we have of all breaks to NuBreaks.com!

Natural Nate has been spinnin' since the early 90's. Growing up as break dancer, Nate grew tired of going to parties where he wouldn't hear breaks. He decided to teach himself to spin, scratch and cut. Natural has spun along side some of the industry's best DJ's & performers such as Ice-T, TommyWho, Frankie Bones, Doc Martin, and Rectangle, as well as 3 time World DMC Champion DJ Craze and Infamous a world famous scratch master. Nate's favorite type of beaks is electro, and any breaks with hard bass. Natural has produced numerous tracks that are waiting to go on vinyl and is, most assuredly, an up and coming key player in today's break beat scene.

Cap'n Colorado started his musical aspirations as a youngin'. His first vinyl experience was scratchin' up his parents beloved Billy Joel "Piano Man." With no idea what he was doing, the funky sounds that came from that Sanyo belt drive deck stuck in his head for years (as well as the parents scolding). Years later, after attending his first "rave" in the mid 90's, the Cap'n knew what was to come. Moving to Portland, Oregon in 2000, the Cap'n started showing people what to expect. Taking what gigs came along, he found himself playing a weekly remix show at a local coffeeshop. Life brought the Cap'n back to Colorado and back to the Bruise Your Body Breaks Headquarters. He's traveled the world in search of great music to bring to the masses, so that's what you'll be getting.

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