

# Frode Gjerstad with Monkey Plot!



**FRODE GJERSTAD** -Alto sax, Clarinet  
**CHRISTIAN WINTHNER** - Guitar  
**MAGNUS SKAVHAUG NERGAARD** - Bass  
**JAN MARTIN GISMERVIK** -Drums

'A few years back, in 2012, I recorded Money Plot in my living room. This was their first record. From the very beginning, I thought they had a very special sound.

I was actually a bit surprised to be with 3 youngsters who seemed to be very aware of the process of finding a voice for a band.

So when the session was over, I said jokingly that I would not say no if they asked me to play with them sometime.

Then they got a gig at the All Ears festival and they asked me to play which I did with a great deal of satisfaction. It was a very nice gig. Later I have played one or two more gigs and this session is from the rehearsal before playing at Cafe Oto in London in 2014.



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I am used to the loud music when playing with my trio. This is the complete opposite. And I like it very much! I am really struggling to be in balance with them. but hat's what I like about it! I have to admit that sometimes I loose myself, listening to what they do. But at my age I allow myself to do so because what they do is worth listening to...'**Frode Gjerstad**

The members of the acoustic trio Monkey Plot have been playing together for five years. With acoustic guitar, double bass and drums, they have carved out an expressive idiom which evokes other musical references, but which is at the same time unique.

Monkey Plot's style is intimate and often unpretentious. It would seem more accurate to call it "music for small spaces" rather than the more formal-sounding "chamber music". There is namely something straightforward and "grounded" about the band's music. Although dramatic effect has been abandoned, their music has become neither boring nor lifeless. Monkey Plot is an improvisational band, in the sense that improvisation is the tool used by the trio's members to make music. They describe it themselves as a simple method that gives a varied and organic result. The music is always pressing onwards. Nevertheless, it would be wrong to categorise their music as belonging within the improvisational genre.

Awarded "Young Jazz Musicians Of The Year" in 2014 at Molde Jazz Festival.  
Monkey Plot

**"Monkey Plot manages to find a remarkable balance between the experimental, the melodic and lyrical, and manages also to mix these elements in an organic manner."** Eyal Hareuveni, AllAboutJazz.com



1. GROUND
2. CONFLICT
3. CAPSTONE
4. DENOUEMENT
5. CELEBRATION

Frode Gjerstad - Alto Saxophone, Clarinet  
Christian Winther - Guitar  
Magnus Skavhaug Nergaard - Bass  
Jan Martin Gismervik - Drums

Recorded in Oslo, October 2014 by Monkey Plot  
Mixed by Magnus Skavhaug Nergaard  
Mastered by Frode Gjerstad  
Cover design by Lasse Marhaug

All music by Monkey Plot & Frode Gjerstad  
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