

## NIGHTMARE FUEL

A brutal clown show that viciously explores horror flick scream queens and gaslighting exes

Written & Performed by Sarah Knittel

“How can I make the audience laugh till they puke blood and shit catharsis?”

From go, Philadelphia performer Sarah Knittel latches onto the audience and descends into a sugar-high Hellscape that is part teenage exorcism, part naughty slumber party. Nightmare Fuel dissects toxic romance and culture’s insatiable hunger to hack up the female form.

Just as the audience’s nipples begin to harden, they will be titillated with a series of horror-sploitation pantomimes.

A sex starved cheerleader showers in her own blood!

A vampire ravages a virginal maiden!

A lustful witch conjures a dark spirit under a full moon!

While the audience struggle to recover from the (hilarious) terrors they’ve just witnessed, they’re visited by an ancient evil- The Shitty Ex! This Pazuzu Paramour will seduce and confound the entire audience, leaving them laughing out of fear and delight. The show culminates in a cage match between Sarah, the ex, and the eternal souls of the audience. Sarah’s (metaphorical) flesh will be torn from her (metaphorical) bones as she attempts to liberate herself -- body and soul -- from the sadistic gore fantasies to which women are all too often subjected.

Sarah Knittel created NIGHTMARE FUEL as an act of revenge. By projecting her stupid ex-boyfriends through the lens of the horror genre, Sarah transforms them into actual monsters who inflict pain with a combination of apathy and glee. As with so many others, The “Me Too” movement awakened chaos, confusion and rage in the NIGHTMARE FUEL creator. Our world rewards toxic masculinity and reckless male behavior, while ladies are incessantly prompted to disappear themselves. FUCK THAT.

Sarah takes justice into her own hands by daring to take up space and find pleasure without shame.

