With the release of Discipline, guitarist/visionary Robert Fripp resurrects King Crimson, breaking a six-year silence from the group that died too soon. After terminating his last "contractual agreement" with the League of Gentlemen, Fripp began rehearsing a new group which was to be called Discipline. He recruited former Crimson drummer Bill Bruford, guitarist Adrian Belew (who has worked with Frank Zappa, David Bowie, and the Talking Heads), and bassist Tony Levin (who has done session work with everyone) with the idea of forming a "third level" band—one that would tour extensively in the commercial marketplace.

As rehearsals progressed, Fripp noticed that the music was sounding more and more like King Crimson, and after discussion with the others decided that the name would stick. A few listeners to Discipline recall traces of the old band intermingled with the radically different sound of the new.

"It would take twelve years for a western 4/4 based rock band to master playing a five against four rhythm (something tribal musicians do almost unconsciously), but it is entirely acceptable to take a few cues from the spirit in which this (tribal) music is played. Many of these ideas appear on the album." Fripp offered this explanation in an attempt to describe the music on the record. The disc is rife with deceptively simple-sounding tunes that yield a dense forest of shifting polyrhythms and guitar cross-talk, a sound best exemplified by the title cut. To you who would accuse Fripp of overt intellectualizing, I would direct you to the opening cut, "Elephant Talk," a slice of gut-wrenching funk that leaps off the grooves and lands squarely on the dance floor.

Fripp's new band would also be known for its high-caliber musicians, including Bill Bruford, Adrian Belew, and Tony Levin. The group's sound was a mix of traditional rock with a focus on polyrhythms and complex arrangements. Discipline, released in 1981, was a commercial success, reaching #14 on the Billboard charts and becoming one of the best-selling albums of the year.

Discipline was more than just a comeback for King Crimson; it was a new chapter in the band's history. The album showcased a more experimental and avant-garde approach, setting the stage for the band's future work. Fripp's vision for Discipline captured the essence of the group's evolution, blending new sounds with a nod to their rich history.

David Shaw