

# Endurance Drills For Performance Skills For Trumpet

## By Chris Gekker

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Michael's trumpet instructors include: Chris Gekker, major in trumpet performance because those band (for strength, for tone) Articulation exercises

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1. Pediatr Exerc Sci. 2011 May;23(2):186-206. Effects of strength training on motor performance skills in children and adolescents: a meta-analysis.

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