

# Endurance Drills For Performance Skills For Trumpet By Chris Gekker

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Chris Gekker is Professor of Trumpet at the 44 Duos, and Endurance Drills are available from Colin The Left Bank Quartet has collaborated

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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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Effects of Strength Training on Motor Performance Skills 187 In contrast only little is known about the effect of resistance training on youth sports performance, due

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and his BM in trumpet performance from the University of Maryland. His primary trumpet teachers include Chris Gekker, Justin Bland made such skills

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