**Making the undoable doable: The core of expert practice**

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Great performances depend on great practice.

This hour-long workshop explores
- the mechanisms in the brain responsible for refining movements that make music
- examples of experts practicing that show how experts use these mechanisms to optimize learning in the practice room
- actionable ways to practice more effectively by thinking the way that experts think

You will see video recordings of practice excerpts from six artist-level trumpet players:

Billy Hunter – The Metropolitan Opera Orchestra  
Louis Hanzlik – American Brass Quintet  
Amy McCabe – The United States Marine Band  
Justin Emerich – Michigan State University  
Gareth Flowers – International Contemporary Ensemble  
Chris Coletti – Ithaca College

These excerpts show how the most accomplished performers bring about change within practice sessions. Rather than showing what these experts practice, this workshop examines how they improve.