My *chop resuscitation** of 2018

*Merriam-Webster: resuscitation = to revive from apparent death

After serving for 37 seasons, I retired from the Tallahassee Symphony Orchestra in May, 2018. At that point I had not a single prospect for any gigs in the future. With nothing to work toward, I completely stopped playing. I even considered selling all of my instruments. Why keep them?

Well, after about 5 weeks, I really started to miss playing. After all - I had been blowing my horn for almost 65 years. I decided to start playing regularly, with a goal of playing in church sometime soon.

The first day back felt horrible! It was like nothing I had ever felt when getting back in shape. I didn't feel like I was just out-of-shape; the mouthpiece felt like a totally foreign object! On that first day, I couldn't safely go longer than 10 minutes!

I have always been quite careful and methodical about getting back in shape. I kept meticulous records of my daily efforts, timing everthing with my stopwatch. In 4 weeks I was finally comfortable with extending my practice to about an hour per day.

Following are the charts of my progress:

Weekly Practice Log
Summer, 2018

Date:	06/17	06/18	06/19	06/20	06/21	06/22	06/23	
Worked on	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	-goal-
Mpc. buzz				5	5	5	5	
Warm-up & tone studies B-flat tpt	5+5	5+5+5	5+10+5	5+10+5	10+10+5	5+10 +10+5	5+10 +5+10	
Clarke's no. 2								
Clarke's no. 3								
Lip agility								
Single tonguing								
Kopprasch								
Extended passages & long tones								
Lyrical Solos								
Finger dexterity								
Pianissimo								
Daily total	10"	15"	20"	25"	30"	35	35"	
Weekly total	2'40"							

Weekly Practice Log
Summer, 2018

Date:	06/24	06/25	06/26	06/27	06/28	06/29	06/30	
Worked on	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	-goal-
Mpc. buzz	5	5	5	5	5	5	5	
Warm-up & tone studies B-flat tpt	5+10 +5	5+10 +10+5	5+10 +10+5	5+10 +10+5	10+10 +10+5	5+10 +10+5	10+10 +10+5	
Clarke's no. 2	5	5		5	5	5	5	
Clarke's no. 3								
Lip agility	5		5			5		
Single tonguing								
Kopprasch								
Extended passages & long tones								
Lyrical Solos								
Finger dexterity								
Pianissimo								
Daily total	35"	40"	40"	40"	45"	45"	45"	
Weekly total	4'50"							

Weekly Practice Log
Summer, 2018

Date:	07/01	07/02	07/04	07/04	07/05	07/06	07/08	
Worked on	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	-goal-
Mpc. buzz	5	5	5	5	5	5	5	
Warm-up & tone studies B-flat tpt	10+10 +10	10+10 +10	10+10	10+10 +10	10+10 +5	10+10 +5+10	10+10 +10	
Clarke's no. 2	5	5		5			5	
Clarke's no. 3					5			
Lip agility	5	5			5			
Single tonguing								
Kopprasch								
Extended passages & long tones								
Lyrical Solos		5+5	5+5	5	5	5		
Finger dexterity								
Pianissimo								
High & loud								
Total Range							5	
Daily total	45"	45"	45"	45"	45"	45"	45"	
Weekly total	5'15"							

Weekly Practice Log
Summer, 2018

Date:	07/8	07/09	07/10	07/11	07/12	07/13	07/14	
Worked on	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	-goal-
Mpc. buzz	5	5	5	5	5	5	5	
Warm-up & tone studies B-flat tpt	10+10+10	10+10+10	10+10+10	10+10+10	10+10+10	10+10+5	5+5+10+5+5+5	
Clarke's no. 2	5		5		10	5		
Clarke's no. 3								
Lip agility		5		5	5			
Single tonguing								
Kopprasch								
Extended passages & long tones								
Lyrical Solos	5	5	5	5	5		5+5	
Finger dexterity								
Pianissimo								
"Total Range"				5	5			
Daily total	45"	50"	45"	50"	1'0"	45"	50"	
Weekly total	5'45"							