

## Tai Chi Trombonist

### Allan Kaplan

Professor Emeritus, New Mexico State University

Allan Kaplan brings over 50 years of experience as a trombonist, educator, and clinician, including a distinguished tenure as Professor of Trombone at New Mexico State University. A lifelong advocate for body–mind integration in brass playing, he has recently focused on incorporating Tai Chi into brass pedagogy. His Tai Chi Trombonist project helps performers achieve greater ease, awareness, and efficiency in both practice and performance.

He has studied movement and fitness with master trainer Rich Kahle, whose expertise in senior strength training, mobility, and body mechanics has helped shape the physical foundation of the Tai Chi Trombonist approach.

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