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Billy Blanks gets Soldiers sweaty with a Tae Bo class at Q-West

BLANKS

By Maj. Scott K. Cooley
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CONTINGENCY OPERATING BASE Q-WEST, Iraq – Billy Blanks, creator of Tae Bo, and his assistant Melanie Neat, punched and kicked out a one-hour Tae Bo class for approximately 30 participants at the Morale, Welfare and Recreation Center here April 26.

Weather conditions delayed Blanks' arrival at Q-West, but enthusiastic fans waited patiently and were rewarded with some serious stretching exercises and a grueling workout.

Following the workout, Billy led a discussion on personal fitness and the motivation to maintain a regular workout schedule and a healthy lifestyle.

Sgt. 1st Class Brandy Kurtze, from Tacoma, Wash., and currently serving in the 181st Brigade Support Battalion, which runs the Mayor Cell on Q-West, said she was very grateful for the experience.

“The class was better than expected,” Kurtze said. “Billy walked us through every

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exercise and explained the right way and the wrong way to do each work out. The class was very intense and left you feeling that you could do anything. Billy Blanks is very motivational and is alive with life and spirit. I am so glad I had the chance to work out with him.”

Staff Sgt. Patricia McCarthy, from Olympia, Wash., and also serving in the 181st BSB had always wanted to go to a Tae Bo class.

“It was an experience of a lifetime,” McCarthy said. “Billy Blanks truly sells a product that works. It was an intense and challenging workout from beginning to end. The thirty minute workout had it all, cardiovascular to body sculpting. Ever since I can remember I have wanted to be able to go to Los Angeles and attend one of his classes. I do not believe that there is one workout CD of his that I don’t have.”

Blanks said he makes the trips to Iraq because Soldiers motivate him.

“I just want to do something for the Troops,” Blanks said.



Billy Blanks, creator of Tae Bo, leads a Tae Bo fitness class for approximately 30 participants at the Morale, Welfare and Recreation base complex at Contingency Operating Base Q-West, Iraq, April 26. (Photo by Ivory Kisor)



Billy Blanks, creator of Tae Bo, discusses personal fitness and motivation following the Tae Bo class held at the Morale, Welfare and Recreation base complex at Contingency Operating Base Q-West, Iraq, April 26. (Photo by Maj. Scott K. Cooley)