

**Hemsball, her yaştan insanın oynanabileceđi  
zevкли ve eđlenceli yeni bir spor dalıdır**

# Her Yaş İçin Spor HEMSBALL

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## ÖNSÖZ

İnsan vücudu doğuştan gelen özelliklerden dolayı sürekli hareket etme ihtiyacındadır. Diğer tüm canlılarda olduğu gibi insanlardan çetin doğa koşulları ile mücadele edecek, kendini savunabilecek, en güç durumda dahi ihtiyaçlarını karşılayabilecek bir yapıya sahiptir. Bunun sonucunda çeşitli egzersizler ve çeşitli spor branşları ortaya çıkmıştır ve çıkmaya devam etmektedir.

Hemsball 2011 yılında Murat ALTINAY'ın kızı ile oynarken keşfettiği ve daha sonra tasarladığı spor dalıdır. 2013 yılında Spor Bakanlığınca resmi spor branşı olarak tanımlanmış, antrenörlük kursları ve müsabakaları başlamıştır. Bu süreçte gelişimine Türkiye Herkes İçin Spor Federasyonu bünyesinde devam etmiştir.

Gelecekte de çok iyi yerlere geleceğine inandığım Hemsball branşı her geçen gün kar tanelerinin çığa dönüştüğü gibi büyüyerek bütün dünyada tanınır ve oynanır hale geleceğine inanmaktayım. Bu kitap Hemsball sporunun daha hızlı ilerlemesi ve tanıtılması için yayına hazırlanmıştır.

Kitabın editörlüğünü yapan Sayın hocam Prof. Dr. Erdal ZORBA'ya, bu sporun doğuşunu sağlayan ve bugünlere gelmesini sağlayan Murat ALTINAY'a, gelişmesinde büyük katkıları olan Halil ALTINAY'a, eğitimlerin yapılmasında emeği geçen Anıl DALKIRAN, Kaan ALKAN, Kutay ALTINAY, Miray ALTINAY ve Kaan SERTER'e, kitabın bölüm yazarları Prof. Dr. Bülent AĞBUĞA, Dr. Ozan Sever, Araş. Gör. Akan BAYRAKDAR'a teşekkür ederim.

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