

Krav Maga English

Video/Listening

The Origins of Krav Maga

1. What is Krav Maga primarily known for?
   a. A form of dancing
   b. An integrated system of self-defense
   c. A type of meditation
   d. A traditional sport

2. Who is Aya Yonilov?
   a. A famous artist
   b. A premier instructor of Krav Maga
   c. A historian
   d. A politician

3. What was Imrich Lichtenfeld known for?
   a. Being a famous musician
   b. Being a champion wrestler and boxer
   c. Writing books
   d. Inventing a new sport

4. Why did Lichtenfeld flee to the British mandate of Palestine?
   a. To pursue education
   b. To escape anti-Semitic riots
   c. To find a job
   d. To travel

5. What does the term "IDF" refer to in the context of the video?
   a. International Defense Force
   b. Israeli Defense Forces
   c. Internal Defense Federation
   d. Independent Defense Front

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