



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