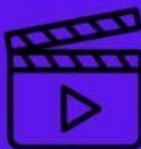


# Krav Maga English

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