



# 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