ground or grinded

The past tense of grind is ground or grinded

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The Forms of Grind

Infinitive	**to grind**
Present Tense	**grind / grinds**
Past Tense	**ground or grinded**
Present Participle	**grinding**
Past Participle	**ground or grinded**

Conjugate Grind

Grind in Present Simple (Indefinite) Tense

Singular	Plural
I **grind**	We **grind**
You **grind**	You **grind**
He/She/It **grinds**	They **grind**

Grind in Present Continuous (Progressive) Tense

Singular	Plural
I **am grinding**	We **are grinding**
You **are grinding**	You **are grinding**
He/She/It **is grinding**	They **are grinding**

Grind in Present Perfect Tense

Singular	Plural
I **have ground or grinded**	We **have ground or grinded**
You **have ground or grinded**	You **have ground or grinded**
He/She/It **has ground or grinded**	They **have ground or grinded**

Grind in Present Perfect Continuous Tense

Singular	Plural
I **have been grinding**	We **have been grinding**
You **have been grinding**	You **have been grinding**
He/She/It **has been grinding**	They **have been grinding**

Grind in Past Simple (Indefinite) Tense

Singular	Plural
I **ground or grinded**	We **ground or grinded**
You **ground or grinded**	You **ground or grinded**
He/She/It **ground or grinded**	They **ground or grinded**

Grind in Past Continuous (Progressive) Tense

Singular	Plural
I **was grinding**	We **were grinding**
You **were grinding**	You **were grinding**
He/She/It **was grinding**	They **were grinding**

Grind in Past Perfect Tense

Singular	Plural
I **had ground or grinded**	We **had ground or grinded**
You **had ground or grinded**	You **had ground or grinded**
He/She/It **had ground or grinded**	They **had ground or grinded**

Grind in Past Perfect Continuous Tense

Singular	Plural
I **had been grinding**	We **had been grinding**
You **had been grinding**	You **had been grinding**
He/She/It **had been grinding**	They **had been grinding**

Grind in Future Simple (Indefinite) Tense

Singular	Plural
I **will grind**	We **will grind**
You **will grind**	You **will grind**
He/She/It **will grind**	They **will grind**

Grind in Future Continuous (Progressive) Tense

Singular	Plural
I **will be grinding**	We **will be grinding**
You **will be grinding**	You **will be grinding**
He/She/It **will be grinding**	They **will be grinding**

Grind in Future Perfect Tense

Singular	Plural
I **will have ground or grinded**	We **will have ground or grinded**
You **will have ground or grinded**	You **will have ground or grinded**
He/She/It **will have ground or grinded**	They **will have ground or grinded**

Grind in Future Perfect Continuous Tense

Singular	Plural
I **will have been grinding**	We **will have been grinding**
You **will have been grinding**	You **will have been grinding**
He/She/It **will have been grinding**	They **will have been grinding**