pounded

The past tense of pound is pounded

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The Forms of Pound

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Conjugate Pound

Pound in Present Simple (Indefinite) Tense

Singular	Plural
I **pound**	We **pound**
You **pound**	You **pound**
He/She/It **pounds**	They **pound**

Pound in Present Continuous (Progressive) Tense

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

Pound in Present Perfect Tense

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

Pound in Present Perfect Continuous Tense

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

Pound in Past Simple (Indefinite) Tense

Singular	Plural
I **pounded**	We **pounded**
You **pounded**	You **pounded**
He/She/It **pounded**	They **pounded**

Pound in Past Continuous (Progressive) Tense

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

Pound in Past Perfect Tense

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

Pound in Past Perfect Continuous Tense

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

Pound in Future Simple (Indefinite) Tense

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

Pound in Future Continuous (Progressive) Tense

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

Pound in Future Perfect Tense

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

Pound in Future Perfect Continuous Tense

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