

# grips (*grips*)

## Definition

n. and v. 1 a firm grasp; 2 the act of grasping or holding firmly; 3 a good understanding of something; 4 a part that can be held; handle.

## Example Sentence

My dad **grips** the baseball bat before he swings it.

## Synonyms

clasp; clutch; grasp; hold

## Antonyms

release

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