

# grounding *(ground-ing)*

## Definition

n. The basic training or instruction in a subject.

## Example Sentence

She received a solid **grounding** in mathematics during her early schooling.

## More Example Sentences

A good **grounding** in science can help students understand complex concepts later on.

## Synonyms

foundation; basis; training

## Antonyms

ignorance; neglect; unfamiliarity

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