

Verb	Meaning	Example
hand in	To submit (report, homework)	Please hand in your papers before Friday.
hand out	To distribute	Susan volunteered at the shelter where she handed out warm clothes.
hang out	To spend time in a particular place or with a group of friends	Which pub does the team hang out at after the game?
hang up	To end a phone conversation	If you hang up now, I'll never speak to you again.
hold on	<ol style="list-style-type: none"> 1. To wait 2. To grip tightly 	<ol style="list-style-type: none"> 1. Please hold on and a representative will answer your call. 2. She was so scared on the rollercoaster ride that she held on for dear life.
hurry up	To be quick, act speedily	Hurry up and finish your lunch or we'll miss the train.
iron out	To resolve by discussion, eliminate differences	The two countries met at the conference to iron out their differences.
join in	To participate	Yes David, you can join in the discussion any time you like.
join up	<ol style="list-style-type: none"> 1. To engage in, become a member of 2. To meet and unite with 	<ol style="list-style-type: none"> 1. There was a war on, so some kids were only sixteen when they joined up. 2. Let's separate now and join up later at the restaurant.
keep on	To continue doing something	If you keep on making that noise I will get annoyed.
keep up with	To stay at the same level as someone or something	I read the paper every day to keep up with the news.
kick off	To begin, start	The rugby match kicked off at 3 o'clock.