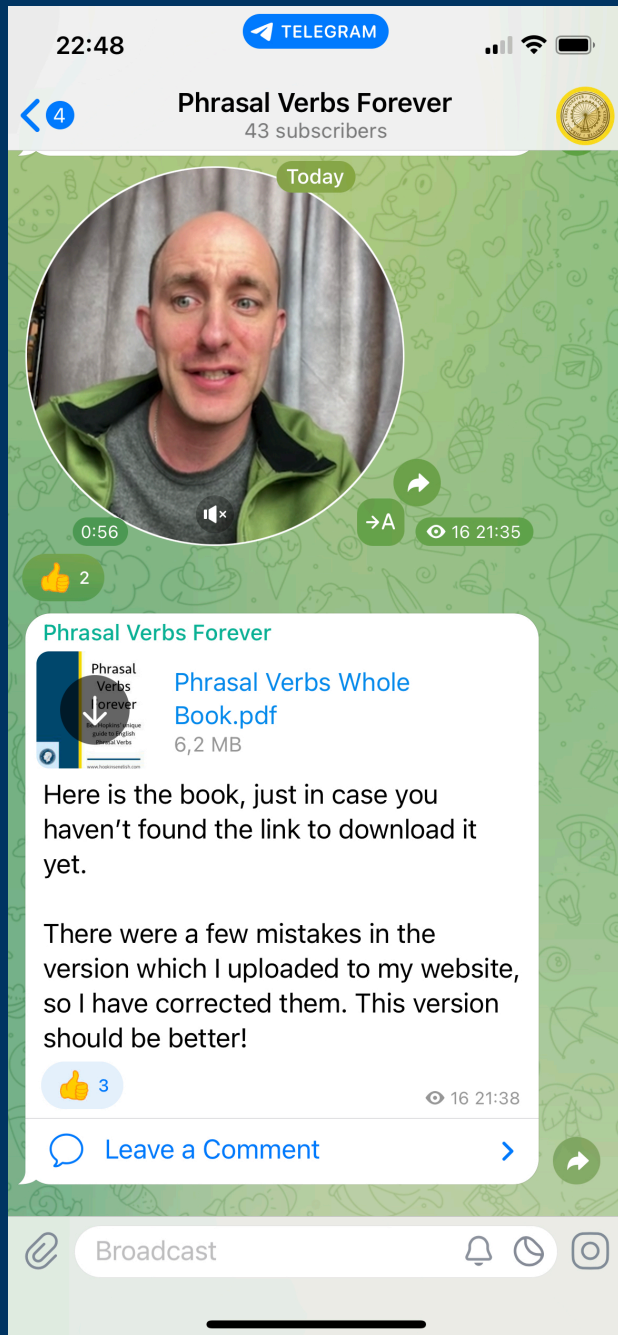


Up and Down

Логика Фразовых Глаголов

Ben Hopkins



Please join!



jump up
get up
stand up
sit up
look up
put up your hand

jump down
sit down
lie (lay) down
look down
fall down
put down your
hand



a slide
a ladder
stairs
a mountain
a hill
a tree
a road
a river
a wall
a rope
a cliff
an escalator

go up
come up
get up
make it up
climb up
run up
hurry up
drive up
crawl up
ride up

go down
come down
get down
make it down
climb down
run down
hurry down
drive down
crawl down
ride down
roll down
slide down
sledge down



weights

a book
a cup
a box
a bag

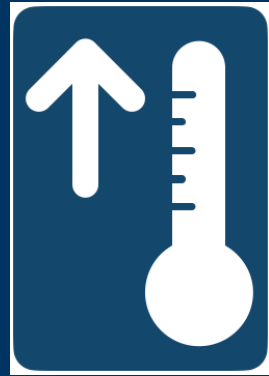
decorations

lift it up
hold it up
pick it up

put them up
hang them up
get them up

lower it down
let it down
put it down

take them down
get them down



prices
temperature
blood pressure
the sun
anger - mood
volume
inflation
exchange rate
speed
water level
quality of life
confidence

go up
rocket up
shoot up
flew up
jump up

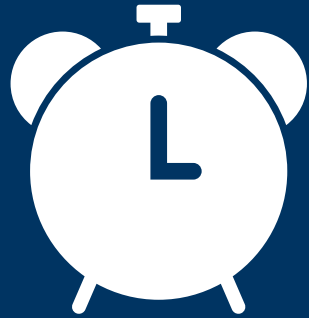
put up prices
turn up

speed up
cheer up
build me up
ramp up

go down
shoot down

put down prices
turn down

slow down
gets me down
put me down
scale down



stay up - watching TV, working,
partying, doom scrolling, reading,
doing English homework!

keep me up - noisy neighbours,
too much coffee, children.

look up a word in the dictionary

bring up politics, illness



Creative verbs

make up a story

come up with story

think up a story - dream up a plan

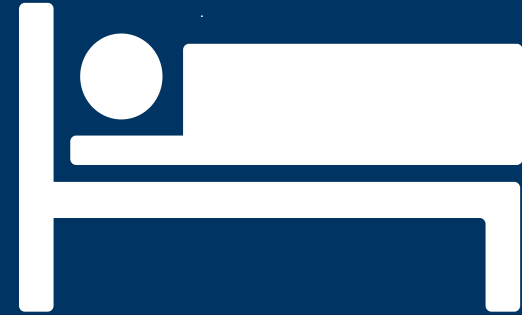
serve up - cook up - rustle up

draw up some plans

Something has come up.
Your watch will turn up soon.
We ended up in the pub.
She didn't show up for our date.



break, close, shut



write...



verbs related to work / effort

clean up - wash up - fix up - do
up - tidy up - sweep up - mop
up

eat up - drink up - use up
full up

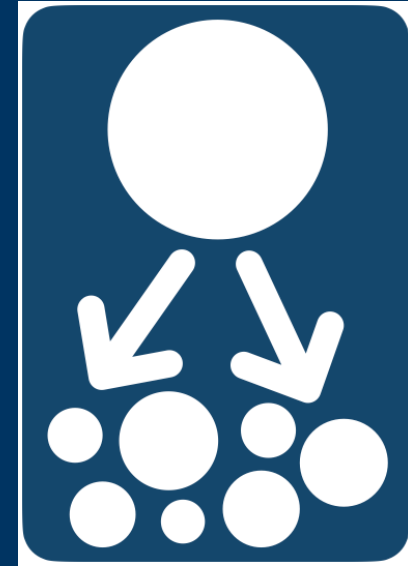
charge up your phone
bring up children (grow up)

screw up - mess up - f*** up



cut - break - split - chop -
smash - blow

their relationship broke down
and so they broke up.

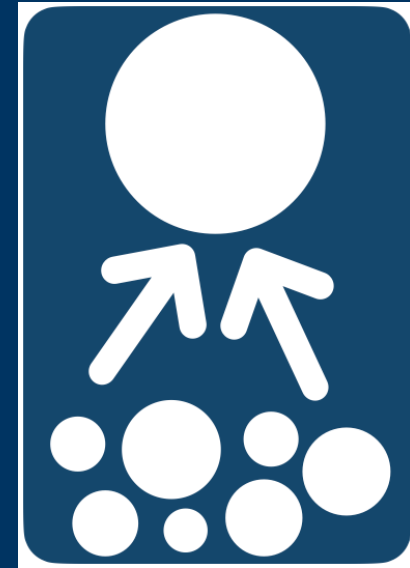


Special kinds of work

zip up - tie up - buckle up - do up - lace up

pile up - builds up

link up - meet up - team up - match them up



Join something to yourself

to pick up - забрать

I took up _____ last year
skiing, English, running, Yoga

This course will take up all my
time!

she came up to me

_____ is coming up.

