

Match IP address in IPaddress.txt: grep -c -E "\b((25[0-5]|2[0-4][0-9]|1[0-9][0-9]|[1-9]?[0-9])\.) $\{3\}(25[0-5]|2[0-4][0-9]|1[0-9][0-9]|[1-9]?[0-9])$ b" IPaddresses.txt

Match IP address in access.log: grep -c -E "\b((25[0-5]|2[0-4][0-9]|1[0-9][0-9]|[1-9]?[0-9])\.){3}(25[0-5]|2[0-4][0-9]|1[0-9][0-9]|(1-9]?[0-9])\b" access.log

\b makes sure it makes whole words according to the regular expression inside it.

((25[0-5]|2[0-4][0-9]|1[0-9][0-9])(1-9)] makes sure the number between the full stop fit the criteria of an IP address including the full stop.

{3} repeats the previous regex three times.

(25[0-5]|2[0-4][0-9]|1[0-9][0-9]|[1-9]?[0-9]) makes sure the number between the full stop fit the criteria of an IP address without full stops.