Interface is a blueprint for a class that can be used to implement a class (abstract or not), the point is interface cannot have any concrete methods. Concrete methods are those methods which have some code inside them; in one word - implemented. What your interface can have is static members and method signatures.

I personally found interface very useful to use must do process and with the use of default I can make an exception as well.

Concrete classes are the usual stuff that every java programmer has come across for sure. It is like the final implementation of a blueprint in case you are extending it some abstract super class. A concrete class is complete in itself and can extend and can be extended by any class.

Abstract classes are a bit different from interfaces. These are also used to create blueprints for concrete classes but abstract classes may have implemented methods. Abstract classes can implement one or more interfaces and can extend one abstract class at most.