

```
package com.sxt.state;

/**
 *
 * @author DELL
 *
 */

public class YieldDemo6 {
    public static void main(String[] args) {
        new Thread(()->{
            for(int i=0;i<100;i++) {
                System.err.println("lambda..." + i);
            }
        }).start();

        for(int i=0;i<100;i++) {
            if(i%20==0) {
                Thread.yield(); //main礼让
            }
            System.err.println("main..." + i);
        }
    }
}
```