In Java debugging a breakpoint is a marker you can set on a specific line of code that pauses your application at that point. The breakpoint allows you to monitor values of variables at that point in the program. You can use multiple breakpoints to continually monitor variable values.

When a java application is executing the program stops runs the line before a breakpoint then stops.

After the IDE pauses the application before the breakpoint you can continue to the next breakpoint or the remainder of the program by pressing a button.

Step into allows you to you to change to manipulate variable values on that particular line.