

```
package regkarexpnaassisted;

import java.util.regex.*;

public class regkarexpnaassisted {

    public static void main(String[] args) {
        // TODO Auto-generated method stub

        String pattern = "[a-z]+";
        String check = "Regular Expressions";
        Pattern p = Pattern.compile(pattern);
        Matcher c = p.matcher(check);

        while (c.find())
            System.out.println( check.substring( c.start(), c.end() ) );
    }
}
```

Output:

egular

xpressions