Advantage of Iterator Pattern:

1. The Iterator pattern hides the iteration logic withing the iterator object. It allows clients to access elements without needing to know the internal structure of the collection.
2. It allows to use a common interface to iterate through various types of collections. It doesn’t matter what collection is as long as it provides an iterator, the client can iterate through it.

Disadvantage of Iterators:

1. Implementing the Iterator pattern may introduce additional classes that might add some overhead to the codebase.
2. Updating during the iteration may lead to undefined behavior or concurrentModificationException.

Advantage of Composite Pattern:

1. The composite pattern allows you to create hierarchical structures of objects by treating both individual objects and compositions of objects uniformly.
2. Clients can interact with individual objects and compositions in a consistent way since they share a common interface. This leads to a more concise and maintainable client code.

Disadvantage of Composite Pattern:

1. Implementing the Composite pattern can lead to increased complexity in the codebase, especially for large and deeply nested hierarchies. Understanding and maintaining the relationships between components can become challenging.