```java
package com.itbulls.learnit.javacore.controlstatements.loops;

public class JumpStatementsDemo {

    public static void main(String[] args) {
        System.out.println("========== continue");
        for (int i = 0; i < 5; i++) {
            if (i % 2 == 0) {
                continue;
            }
            System.out.println("counter: " + i);
        }


        System.out.println("========== break");
        for (int i = 0; i < 5; i++) {
            if (i == 3) {
                break;
            }
            System.out.println("counter: " + i);
        }


        System.out.println("========== break nested loop");
        for (int i = 0; i < 5; i++) {
            for (int j = 0; j < 5; j++) {
                if (j == 3) {
                    break;
                }
                System.out.print(j + " ");
            }

            System.out.println("counter: " + i);
```

```
        }
    }


}
```