```
package com.itbulls.learnit.javacore.controlstatements.loops;
public class LabelsDemo {
        public static void main(String[] args) {
                System.out.println("===== labels");
                loop1: for (int i = 0; i < 5; i++) {
                                 System.out.println("counter i: " + i);
                        loop2: for (int j = 0; j < 5; j++) {
                                         System.out.println("counter j: " + j);
                                                  if (j \ge 0 \&\& j < 3) {
                                                          System.out.println("continue loop2");
                                                          continue loop2;
                                                 } else {
                                                          System.out.println("break loop1");
                                                          break loop1;
                                                 }
                                         }
                }
        }
}
```