Loops are used for iteration
A for loop has an initialization; a continuation-condition; an update; and a body

```c
int i;
for( i=0; i<10; i++ )
{
    printf("%d", i);
}
```

Processing goes: initialization; check continuation-condition; Body; update; and back to check continuation-condition.

Brackets are optional if the body has only one statement
Example: A loop to print out the even squares from 10 down to 0:

```c
int j;
for ( j=10; j>=0; j=j-2 ) {
    printf( "%d\n", j*j );
}
```

A loop to print out the 26 letters of the alphabet:

```c
char C;
for( C='A'; C<='Z'; C++ )
    printf("%c", C);
```