Theorem 6.6.3 (Pumping Lemma for Regular Languages)

Let L be a regular language that is accepted by a DFA M with k states. Let z be any string with $length(z) \ge k$.

Then z can be written uvw with $length(uv) \le k$, length(v) > 0, and $uv^i w \in L$ for all $i \ge 0$