Problem Wk.1.4.9: Extract tags [Optional]

Write a procedure, called extractTags, that takes a string as input and returns a list of strings corresponding to the names of the bracketed tags in the string. Bracketed tags start with [ and end with ]. You can assume that the brackets are properly matched in the input.

```python
>>> extractTags('fizz thing [/fizz] fuzz [zip]')
['fizz', '/fizz', 'zip']
```

You should do this using only the basic string access operations, `str[i]` evaluates to a string with just the ith character and `str[i:j]` evaluates to a string with the characters at positions i through j-1, inclusive.