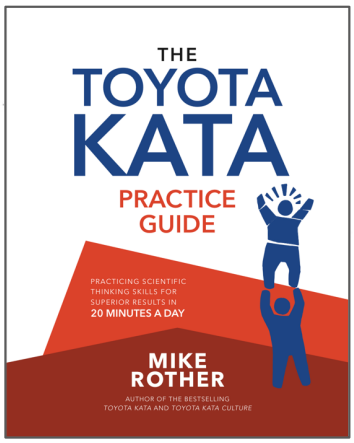



# HOW TO USE THIS BOOK

The goal is to make the patterns embedded in the following Starter Kata a habit in your team, through daily practice. Together, the Starter Kata convey a practical scientific-thinking way.

- Learner's storyboard
- Current condition analysis
- Establishing a target condition
- Obstacle parking lot
- Experimenting record
- Five Coaching Kata questions
- Coaching cycles

I suggest approaching this book as follows:

**Read Parts I and III as a traditional book, to get an overview.**
This is sometimes done in a discussion group, one chapter at a time. Part I provides background information about what you are practicing and why. Then read Part III (the Coaching Kata) to get a picture of what daily Improvement Kata practice looks like.

**Start *using* the TKPG.**
Revisit Chapter 4 to help you set up your practice. Now reference Parts II and III one chapter at a time as you practice the corresponding Starter Kata and conduct daily coaching cycles. You may be in the Practice Guide every day, sometimes more than once a day, going back and referencing it.

**Make it your own.**
Once you've practiced the full set of Starter Kata their patterns should start becoming second nature. At this point you should be coaching some learners, using the Practice Guide as a coach's reference. Fill your copy of the book, like mine, with annotations and notes about what works for you.



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