

Kata Improvement & Coaching

Training Overview:

In a Lean system, “Kata” refers to a structured practice or routine, originating from Japanese martial arts, that helps individuals and teams develop a scientific approach to problem-solving and continuous improvement by repeatedly going through a set of steps, essentially training them to think critically and systematically when tackling challenges; it’s considered a core element of the Toyota Production System, often used to reinforce Lean principles through practice and repetition.

Training Objectives:

- Explain the purpose of Improvement Kata and Coaching Kata within a Lean culture
- Differentiate traditional problem-solving approaches from Kata-based continuous improvement routines
- Define challenge goals aligned to business priorities and operational needs
- Analyze current conditions using facts, data, and direct process observation
- Establish measurable target conditions that improve performance step-by-step
- Identify obstacles preventing achievement of the target condition
- Apply rapid PDCA (Plan-Do-Check-Act) cycles to test solutions and learn quickly
- Use experimentation methods to reduce risk and accelerate improvement
- Practice the five Coaching Kata questions to guide team learning and accountability
- Develop daily routines that build problem-solving habits at the frontline
- Improve communication between leaders, supervisors, and teams during improvement efforts