Abstract: This book is a series of lessons designed to train operators and managers in pull manufacturing. It begins with a discritption of the different forms of waste that a system can help to identify and eliminate. The second section details the kanban as a system for controlling flow and as a powerful tool for identifying problems. It will describe the many different variations of kanban that exist to control flow in different production environments and the calculations that allow them to be used effectively. The final section will detail the activities that an operator should engage in when there is no call for production, including set-up time reductions and 5-S activities.