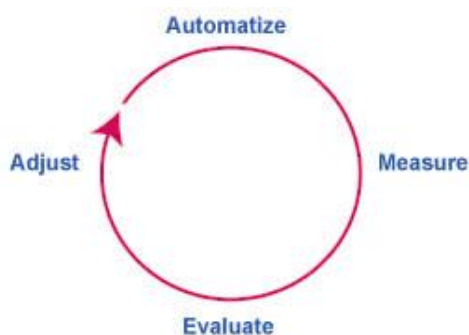


Kaizen Korner

Kai = Good Zen = Change: Good Change or Good Way

Kaizen: A Japanese word for "change for the better" or "improvement"; the English translation is "continuous incremental improvement" or "continual improvement". The Chinese version, Gai Shan has connotations involving good change for the community; generating benefits for everyone.

In sport, the kaizen cycle leads to continual improvement in performance



Although Japanese industry was the first to perfect the application of Kaizen, their efforts were based on the Deming Cycle, which originated in North America in the early 1940's.

In industrial settings, Kaizen aims to eliminate waste, defined as "activities that add cost but do not add value". Avoiding activities that add cost without adding value is a good starting point for any athlete seeking improvement. Kaizen is often interpreted as "to take it apart and put it back together in a better way." This is then followed by standardization of this 'better way', through standardized work.

[Masaaki Imai](#) made the term famous in his book, *Kaizen: The Key to Japan's Competitive Success*.

In future columns we will explore ways to apply the Kaizen principles of change to training ourselves to be individually better at Biathlon and collectively, a more productive and successful biathlon community.