Kanban:

- The term "Kanban" comes from Japanese, where "kan" means "visual" and "ban" means "card" or "board".
- The "Kan" in Kanban refers to the visual Kanban board that is used to manage and optimize the workflow.
- The "Ban" in Kanban refers to the physical cards or digital tickets used to represent work items on the Kanban board.

Kanban is another popular agile project management framework, focused on visualizing the workflow and limiting work in progress.

Here's a quick overview of the key elements of Kanban:

1. Kanban Board: The core of Kanban is a visual board that displays the workflow. It typically consists of columns representing the different stages of the process, such as "To Do", "In Progress", and "Done".
2. Work Items: Tasks, stories, or other work items are represented as cards on the Kanban board and move through the workflow.
3. Work in Progress (WIP) Limits: Kanban emphasizes limiting the amount of work in progress at each stage to improve efficiency and avoid bottlenecks. Teams set explicit WIP limits for each column on the board.
4. Continuous Flow: Kanban focuses on creating a smooth, continuous flow of work through the system, rather than working in set iterations or sprints.
5. Cadence and Meetings: Kanban teams have regular meetings, such as daily stand-ups, but they are less formally structured than in Scrum. The focus is on responding to the current state of the workflow.
6. Incremental Changes: Kanban encourages making small, incremental improvements to the process over time, rather than undertaking major process changes.

The key principles of Kanban are:

- Visualize the workflow
- Limit work in progress
- Focus on flow
- Implement feedback loops
- Make policies explicit

By making the workflow transparent and limiting work in progress, Kanban teams are able to identify bottlenecks and optimize their processes in a continuous, iterative manner.