Stayman

Ideally I would introduce Stayman and transfers together in one session, but there is just too much to take in.
Also, I have sequenced Stayman before transfers in my improvers' scheme, but there is much to be said for introducing transfers first – the concept of 'two bids for the price of one' and giving specific information in a succinct way is easier than the various factors which might say that a Stayman bid is the correct course of action.

Context

This is specific to partner's opening bids of 1NT or 2NT (or 2♣, 2♦, 2NT) – in other words partner opened and his only natural bid was in no trumps.

The assumption is that a major suit contract based on an 8-card fit will in general be better (both score better and be safer) than a contract in no trumps – clearly there will be exceptions to this generalisation).

8-card fit

In the present module responder should in principle look for a 4-4 fit using Stayman when holding a 4-card major, but there are exceptions.

Stayman

In response to a 1NT opening bid a bid of 2♣ promises at least one 4-card major, and an honest rebid following any response from opener.
Opener will respond two of a 4-card major (or 2♥ if holding both majors), or 2♦ otherwise.

Responder is in charge of the auction

Note that following opener's bid in no trumps responder is in charge of the auction.

Opener does not have the option of doing anything other than give a lowest level honest response to a Stayman enquiry. (There is just one possible exception to this but it is not universal and it is not a part of basic methods.)

Plan ahead

As in so many bidding situations responder should plan ahead before making any of these bids.
If using Stayman he should either hold 11 points minimum with a planned rebid in no trumps or at least 5-4 in the majors to allow a weak take-out following a 2♦ response.

Extended sequences

Note that the examples in this module do not include the weak take-out with short clubs nor the invitational hand with a 5-card major in an unbalanced hand – both of which are included in my improvers' methods in the bidding section of this site.
www.MJBridge.info/responder1NT/page57.html

Nor do they include the more advanced extended sequences which will be a part of many tournament players' repertoire, some of which are linked from the page.
www.MJBridge.info/responder1NT/page55.html