This is a step-by-step tutorial of how to create a simple Cocoa Bindings enabled "/etc/passwd" viewer application with PyObjC.

To begin, you will need:

- Mac OS X 10.3 with Xcode installed
- PyObjC from CVS (or newer than 1.1b1)
- Moderate Python experience
Create the Project

First you must open Xcode and create a New Project.
Choose the Cocoa-Python Application template from the Xcode Assistant.
Choose a name and location for your PyObjC project.

Project Name: TableModel
Project Directory: ~/src/pyobjc/Examples/CocoaBinding

The project directory ~/src/pyobjc/Examples/CocoaBindings/TableModel/ will be created if necessary, and the project file TableModel.xcode will be created therein.
Open the MainMenu.nib file. This is the GUI of your application, and you will edit it with the Interface Builder application.
Double-click the Window object in the Instances tab of your nib document. This is the main window of your application, and will open immediately on launch.
Instantiate a NSTableView

From the Cocoa-Data section of the Palette (cmd-/ if not already open), instantiate a NSTableView by dragging it to your window. The NSTableView is the columnar data browsing widget in the upper-left hand corner of the Palette.
Select the newly instantiated NSTableView by clicking it from the main window. Drag the sizers so that the NSTableView instance fills up the full view of the window.
Select the NSTableView instance and open the Info panel (cmd-shift-I, or Tools > Show Info from the menu). Choose the Size section (cmd-3) and click on the horizontal and vertical bars inside the inner box. This will allow the NSTableView instance to grow and shrink automatically with the window.
Change the Resizing Behavior (Screenshot)
Create an NSArrayController

From the Cocoa-Controllers section of the Palette, drag an NSArrayController to your nib document (not the main window). The NSArrayController is the rightmost object in the palette, and is easily distinguished because it has multiple cubes.
Bind the NSArrayController

From your nib document, click on the newly instantiated NSArrayController and then open the Info panel. Choose the Bindings section (cmd-4), and click on contentArray. Bind to File's Owner (NSApplication) and use delegate.passwords as the Model Key Path.
Bind the NSArrayController (Screenshot)
Edit the Columns of Your Table

Select the NSTableView instance by double-clicking it, then click on one of the column headers to select it. Click on the header again, or go to the Info panel to change the displayed name of each column. For now, name one of the columns Short Name and the other UID.
Bind Your Table Columns

Select the Short Name table column and open the Bindings section of the Info panel. Click on value and bind to the name Model Key Path of the NSArrayController. Do the same for the UID column, but use a Model Key Path of uid.
Bind Your Table Columns (Screenshot)
Go back to Xcode and modify your application delegate class such that it has a method named passwords that returns a list of dicts. Each dict in the list must have the keys 'name' and 'uid', but may have other keys.
Run Your Application

You now have a complete minimal application that uses Cocoa Bindings. From Xcode, you can run it using cmd-R or by clicking the "Build and Go" button in the toolbar. For more Interface Builder practice, you should add more columns to the NSTableView and bind them to the other keys in your dictionaries.