

Simple Steps to Hair Braiding



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IMPRISONED: The Travails of a Trafficked Victim

Bukola Braiding Photo Book

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BUKOLA ORIOLA



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Simple Steps to Hair Braiding

Printed in the United States

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Bukola Publishing (Bukola Braiding & Beauty Supply)

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INTRODUCTION

Simple Steps to Hair braiding is a guide designed to teach you how to create painless, simple, braiding styles. It reveals the various steps involved in natural hair braiding with extensions. You would also be able acquire the technique to braid extensions into natural (virgin) or processed hair in a professional but simple way.

The skill of braiding without pain is essential to successful hair braiding both for the braider and the person you are braiding for.

To create braid without pain, therefore, you have to hold the hair firmly rather than tightly. As a beginner, your braiding might not be smooth, do not worry but keep braiding without holding too tight. As you continue to practice, you would perfect your braiding skill. Tight braids hurt and could result in tension, causing little bump all over head or in the tight areas.

It is also important to braid with hair cream or grease. It is both soothing and healthy for the scalp. The four beginner styles, including single braids, cornrows, weaves and kinky twist are the main focus of this guide.



HISTORY OF HAIR BRAIDING

Hair braiding can be traced back to as far as 3500 BC. It was an art practiced among people to adorn themselves either as a regular hair style or for special occasion such as wedding, naming ceremony and so on. In fact, braids are worn by some regions as a tribal identification. Hair braiding is time consuming. It gives women the opportunity to socialize while having their hair braided. Some styles such as Micro braids could take up to seven hours or more. Men have also been found braiding their hair. Some men wear braids for war or religious purpose. In the book, *Braiding & Knotting: techniques and projects*, Constatine A. Belash noted, “in the periods when men wore their hair long, they seem to have taken great pride in their braids and curls...” Hair braiding has since been improving with the creation of various modern styles. Whatever the occasion, there is a style for it, even for a formal place like the professional place of work.

Even though, hair braiding is a major part of the African woman's life style, it has gradually become a style worn by other races such as Asians, Indians, Caucasians and

so on. That shows the extent to which hair braiding has been accepted and explored by various cultures.

There are various names, however, for different braiding styles. These names vary from country to country and region to region. For example, cornrows in the American context are known as weaving in some West African countries. The weaves for American is known as “fixing” for some Africans. The “Pen brai” is another example where Nigerians refer to it as “Ghana weaving” while the Kenyans know it as “Abuja” braids. The Americans on the other hand refer to the same style as “No-Knot” cornrow. Tree braids for the Americans is known as “fish bourne” for the Nigerians. The Zambians call it “fish.” The same goes for various other styles by giving different names for the same style depending on the region.

The first three basic styles to learn are Cornrows, Weaves and Single braids. Once these styles are mastered, it would be easy to create other complex styles of hair braiding.

HAIR BRAIDING TOOLS & ACCESSORIES/PRODUCTS

Just like the peasant farmer cannot go to farm without a hoe, you cannot braid hair without the necessary tools.

The tools needed for hair braiding include but not limited to:

1. Cutting comb
2. Tail comb
3. Big and small teeth combs
4. 14 to 18 inches needles
5. Crochet thread
6. Scissors
7. Blade
8. Rollers
9. Hair pins
10. Rubber or hair band

The accessories/products needed, include but not limited to:

1. Extensions
2. Weaves of various length, size, volume, color etc
3. Hair cream or grease
4. Mousse
5. Oil Sheen spray
6. Wrapping lotion
7. Gel
8. Detangler
9. Pink lotion
10. Beads

SINGLE & MICRO BRAIDS

There are 6 steps required to create a Single & Micro Braids. The only difference is the portion of hair braided. In a Single Braids style, you part the few strands of hair a little more than you would with Micro braids.

1. Part a portion of the natural hair into few strands.
2. Take few strands of extensions and divide into three by parting one part of it into two.
3. Hold the divided extensions in your hands and use it to divide the parted hair into three

4. Bring the right part into the center, as you do this, the one at the center automatically goes on to the right side.
5. Bring the left side into the center and the one at the center also goes to the left.
6. Continue the same process of right to the center and left to the center, as the one at the center goes automatically to either side of the two, as you braid to your desired length.

Continue the same routine until you are finished.



Single and Micro Braids

CORNROWS

Cornrow is the ability to braid hair using three parts and locking them interchangeably onto the scalp. You can create cornrows in various styles and designs depending on your imagination and skill.

It is created in 5 steps:

1. Part the hair in reasonable amount depending on the style you are creating
2. Start from the beginning by parting it into three
3. Bring the one on the right to the center and the one at the center automatically goes to the right
4. Bring the one on the left to the center, as the one at the center automatically goes to the left
5. Pick few strands of hair as you continue this process

Repeat the same routine as you braid until you have finished.

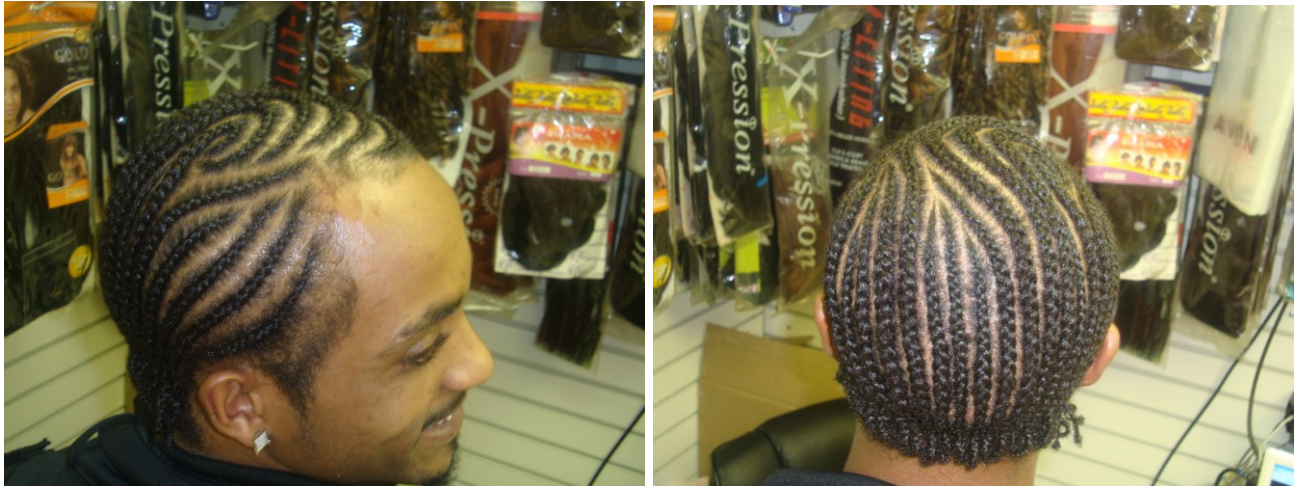
You can create various designs of cornrows, depending on what your client wants or the style that you are creating.



Cornrows



Cornrows



Men's cornrows

WEAVE

Weaves could be sewn or glued onto the hair in various ways depending on the style that you are creating. With a sew-in weave, you need 14 inches to 18 inches needle to perform the task. For a glued weave, you would require bonding glue. This text shows how to create a sew-in weave. Weave is such a dynamic style that you could explore by creating two-in one style such as weave/cornrows or weave/micro braids.

To create a simple 8inch curly weave there are 5 steps to follow

1. Part few strands of hair from the back of the head, that is, the nape area and braid in a circle until the whole hair is braided
2. Use a black crochet thread by putting it through a 14inches to 18 inches needle and cut it at a desired length
3. Tie a knot on the thread and begin to sew the weave onto the cornrow from the nape area where the braid started until it has gone round the entire cornrow

4. Check to see if there were open spaces in between the weaves and then fill it up by sewing additional weaves onto those areas if you have left over weaves from the one you were sewing to give the hair volume and make it beautiful
5. Style the weave with hair products such as mousse, pink oil, setting wrap etc into a desired style



Weaves

To create straight weave in a side-parting style, however, there are 10 steps to follow. Note that you can use any straight weave from 8 inches, depending on how long you want it to be.

1. Part the natural hair on the side where you want the parting in front of the head.
2. Part some strands of hair around the part and hold together with a hair band.
You can also cornrow it separately just to keep it out of the way. This will be used to cover the weave when you are done.
3. Create cornrows going to the back.
4. Braid the tips of the cornrows at the back together
5. Sew the braided tips together with your needle and thread to avoid unraveling during the period that the style would be worn
6. Place the weave on the cornrows from ear to ear starting at the nape area
7. Sew the weave onto the cornrows with your needle and thread, one cornrow at a time, making a knot on each as you sew. Cut the weave when you get to the end of one side and start another line from ear to ear.
8. Sew the weave onto the cornrow in a U-Shape form when you get to the top of the head until you have sewn the weave onto all parts of the cornrow
9. Comb the strands of hair you left out at the front onto the weave and style as you want.

10.Spray oil sheen.



Side-parting Weaves

Two-in-One Weave styles are created in various ways depending on the style.

Weave/Cornrows

There are 7 steps required to create weave/cornrows

1. Part some hair at the front of the head from one ear to the other or on the side from the front to the nape
2. Hold the rest of the hair in place with a hair band
3. Part few strands of hair from that portion and create cornrows going to the back or to the side with any design of your choice
4. Part the remaining hair in a circle form starting from the nape area. When you get to the front where you already have cornrows, just braid the tips into the circle form cornrows you started from the nape.
5. Continue until you have braided the whole head into a circle form cornrows.
6. Sew your weave, preferably an 8 inch weave onto the cornrows. To create volume, add left over weaves in between lines of cornrows by sewing it under a weave. You can do this for the first three or four rows from one ear to the other.
7. Styles as desired and spray oil sheen

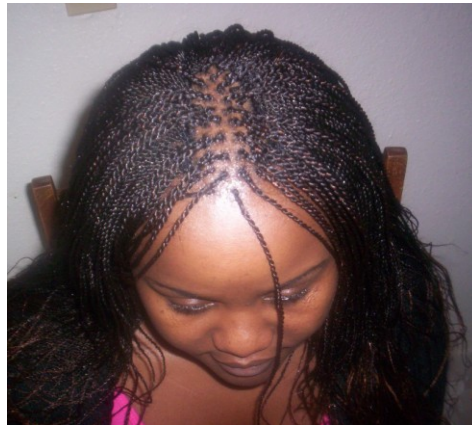


Weave/Cornrows

Weave/Micro braids

There are 7 steps to do weave/micro braids. It can be done in a side-parting form, all front or around all edges. It takes about the same process except that for the side-parting, you part the hair just like you would when doing a regular weave with parting in front and instead of brushing the hair you left out onto the weave, you braid it into micro braids. For all around the edges, you part some hair around the edges of the head to braid into micro braids when you are done.

1. Part some hair at the front of the head from one ear to the other
2. Hold the rest of the hair in place with a hair band
3. Part few strands of hair in the front and braid into micro braids with some of the weaves you will sew onto the rest of the hair. To do this, cut out some parts of the weave and gently use scissors to cut off the thread that holds the weave together so that you can have it in individual form like a braiding extension.
4. Part the remaining hair in a circle form starting from the nape area. Keep the micro braids out of it by holding it together with a hair band
5. Continue until you have braided the whole head into a circle form cornrows.
6. Sew your weave, preferably curly or wavy of any weave onto the cornrows. To create volume, add left over weaves in between lines of cornrows by sewing it under a weave. You can do this for the first three or four rows from one ear to the other.
7. Styles as desired with hair products such as pink lotion and spray oil sheen. Do not use mousse for this style if you do not want the weave to become hard. Otherwise, mousse is a very good styling agent that helps you hold the curls in place regardless of wind.



Weave/Micro braids

TWIST

Creating Kinky or Rope Twist

Kinky or Rope twist are created in a similar way. The obvious difference between the two is the texture of extension used. For a Kinky twist, the texture of the extension is coarse and has to be thoroughly combed to create shiny and lasting twist. A regular braiding extension would perform the work for a rope twist. You must however be selective of the kind of extension you would like to use. You need to ensure that the extension is silky and can be hot water curled.

There are 13 steps required to create Twist

1. Part few strands of hair
2. Apply hair cream/grease to the parted section
3. Pick out few strands of extension in two portion, depending on the size you want to create
4. Cross the extensions to have criss-cross shape on both sides of your hands
5. Hold the extensions at the cross
6. Place the extension on the parted section of hair
7. Divide the hair into three with the extension

8. Begin to braid by bringing the right into the center, as the center automatically goes to the right
9. Bring the left into the center, as the center automatically goes to the left
10. Braid the hair for about four times to hold the extensions onto the hair
11. Join two together to form one to start twisting
12. Begin to twist the two extensions together until you reach the tip
13. Continue the same process until you finish





Twists

ABOUT THE AUTHOR

Bukola Oriola is the Chief-Executive-Officer of Bukola Braiding & Beauty Supply, LLC. Bukola understands the importance of beauty by providing unique, classy and painless hair braiding to women, girls and men. She began her hair braiding business to service a need among women and girls across all race, culture background and ethnic groups. Her clients range from 2 to 65 years old. She has over 20 years experience in hair braiding, braiding hair as a little girl from her home country in Nigeria. She began hair braiding training in 2009 to impart the knowledge of hair braiding into others. Bukola is also a writer. She has been a journalist since 2000 and has won several awards. She has covered the education beat for six years in Nigeria before she came to the United States. Bukola, who has an international experience in journalism, is a fellow of the International Institute For Journalism, Berlin, Germany. After enduring severe agony as a victim of human trafficking for two years in the United States, Bukola decided to go public with her story, putting the face to the story to help victims of human trafficking and domestic abuse, using her personal experience. She has also put her experiences together in form of a book, *IMPRISONED: The Travails of a Trafficked Victim* to set others free from modern day slavery, human trafficking and domestic abuse. Bukola, who is an advocate for victims of human trafficking and domestic abuse gives public presentations at various places and organizations within and outside Minnesota to create awareness. She was also

given the 2009 Change Maker Award for her courage by the Minnesota Women's Press.
Her faith is pivotal to her triumph from the valley of the shadow of death.

Reference & Resources

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