

## **BRAIDING & BRAID EXTENSIONS**

1. Social status
2. Physical abuse
3. Coil
4. Feel
5. Loops
6. Round face
7. Oval face
8. Diamond
9. Square face
10. Triangular face
11. Oblong face
12. Inverted triangle
13. Boar-bristle brush
14. Diffuser
15. Hackle
16. Kanekalon
17. Lin
18. Yak

19. Pomades
20. Fragile when both wet and dry
21. Stretching
22. Invisible braid
23. Underhand
24. Rope
25. Free-hanging
26. Cornrows
27. Locks
28. Without use of chemicals
29. Comb technique
30. Palm roll
31. Braids or extensions
32. Atrophy stage
33. First phase

## 1

## ESSENTIAL EXPERIENCE

## Preparing Textured Hair for Braiding

Number the following steps in their proper procedural order.

- \_\_\_\_\_ Wash your hands.
- \_\_\_\_\_ Gently towel-dry the hair.
- \_\_\_\_\_ Gather required implements, materials, and supplies.
- \_\_\_\_\_ Part damp hair from ear to ear across the crown. Use butterfly clips to separate the front section from back section.
- \_\_\_\_\_ Shampoo, rinse, apply conditioner, and rinse thoroughly.
- \_\_\_\_\_ Part back of head into four to six sections. Separate the sections with clips.
- \_\_\_\_\_ Perform a client consultation and hair/scalp analysis.
- \_\_\_\_\_ Beginning on the left section in the back, start combing the ends of the hair first, working your way up to the base of scalp. Lightly spray the section as you go along with detangling solution, if needed.
- \_\_\_\_\_ Open one of the combed sections. Using fingers, apply blow-drying cream to hair from scalp to ends.
- \_\_\_\_\_ Repeat steps 4 and 5 with the other sections of the hair until the entire head is sectioned.
- \_\_\_\_\_ After combing thoroughly, divide section into two equal parts and twist them together to the end and hold section in place.
- \_\_\_\_\_ Blow-dry using a pick nozzle attachment and hold hair down and away from the client's head as you begin drying. Use comb-out motion with the pick, always pointing the nozzle away from client.
- \_\_\_\_\_ Place client under a medium heat hood dryer for five to ten minutes to remove excess moisture.
- \_\_\_\_\_ Drape the client for a shampoo. If necessary, comb and detangle the hair.

## **Rope Braid**

- 1 Part the hair.**
- 2 Section off triangle at the hair line.**
- 3 Split the section in two and twist the pieces toward the hair line.**
- 4 Cross the piece closest to the hair line over the top and under the other strand.**
- 5 Part off hair from the hair line to the part and add it to the underneath strand.**
- 6 Twist that strand toward the face.**
- 7 Cross that strand over ( toward the part)**
- 8 Continue until all hair has been braided on that side.**
- 9 For the left side of the head, twist toward the face and cross over the top toward the part.**

## **Inverted French Braid**

**Peace sign. Hair in 3 sections in the left hand. Add to the top piece, hook off the center. Flip hand with hair in toward yourself. Pointer through the center. Hair should be in the right hand now, repeat steps. Remember, to keep hands in the boxing position.**

## **Fish Tail Braid**

**Triangular section in front.**

**Cross right over left, place both strands in right hand.**

**Pick up hair from left side and add it to right strand.**

**Place both strands in left hand.**

**Pick up hair from right side, cross it over and place it in with the right side making an “X” shape.**

**Repeat.**

## Verted French Braid

Peace sign. V shaped parting in front. Hold hair in left hand to start Add to the center. Hook off the top with the pinky. Pointer thru the center. Switch hands. Repeat holding hands in center of head. Hold fists facing each other in fighting position.

### Three-Strand Overbraid

**1-2.** Distribute the hair straight back. Take a crescent-shaped section at the fringe area. Subdivide the hair into three equal strands. Cross the right (outside) strand over the center strand, then cross the left (outside) strand over the center. You have now completed the three-strand sequence. Note that a palm-up hand position is used. Also keep in mind that it does not matter if you cross the right or the left strand over the center first, just as long as you maintain consistency throughout

**3-4.** Cross the right strand over the center again. Take a diagonal parting on the right side and join it with the center strand. Switch hands and repeat the same procedures on the other side.

**5-6.** Pick up consistent-size partings and work from side to side using the same procedures. To maintain control and tension on the hair, try to always hold the three strands in one hand.

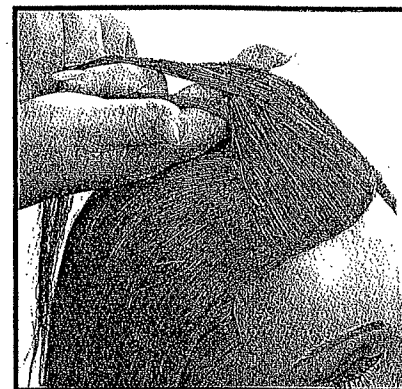
**7-8.** As you work toward the nape, conform your hands to the curve of the head to create a contoured effect. Continue to use the three-strand overbraid technique as you work toward the ends. Secure the ends with a coated elastic band.

### Three-Strand-Overbraid Completion

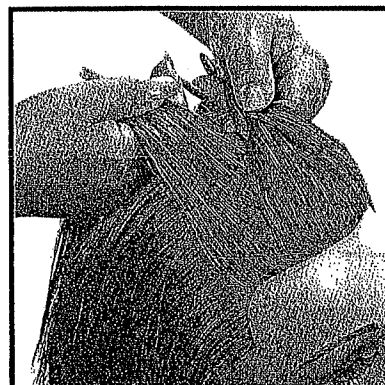
- Offer your client a rebook visit
- Recommend retail products to your client
- Disinfect implements and clean work station
- Wash hands with liquid antibacterial soap



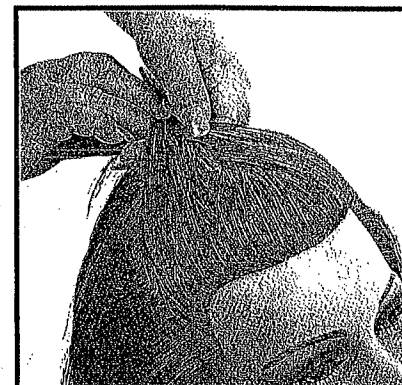
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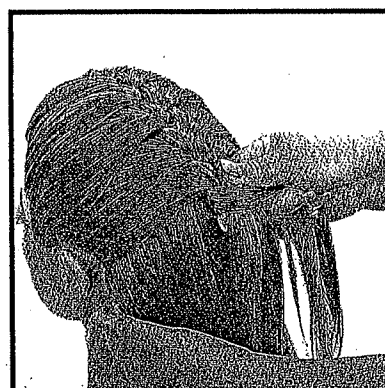
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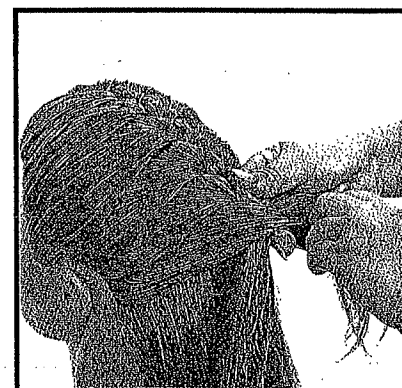
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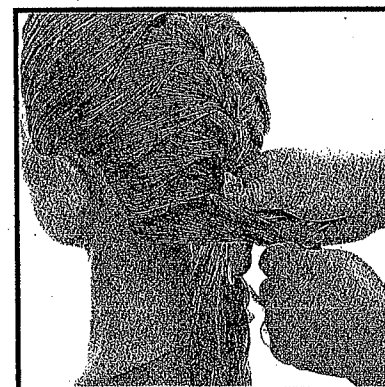
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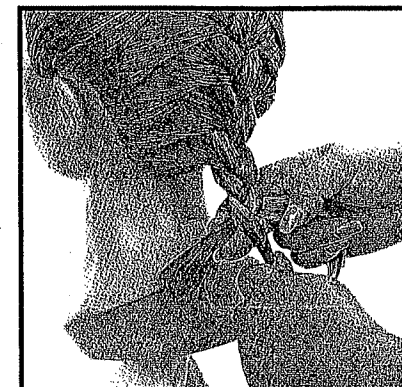
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6



7



8



### Three-Strand Underbraid

**1-2.** Distribute the hair straight back. Take a crescent-shaped section at the fringe area. Subdivide the hair into three equal strands. Cross the right strand under the center strand.

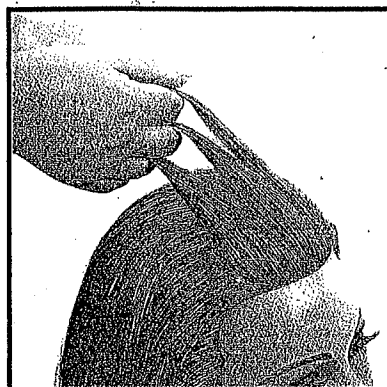
**3-4.** Then cross the left strand under the center. You have now completed the three-strand sequence. Note that it does not matter if you cross the right or the left strand under the center first, just as long as you maintain consistency throughout. Cross the right strand under the center again. Take a diagonal parting on the right side and join it with the center strand. Switch hands and repeat the same procedure on the other side. Note that a palm-down hand position is used.

**5-6.** Pick up consistent-size partings and work from side to side using the same procedures. To maintain control and tension on the hair, try to always hold the three strands in one hand.

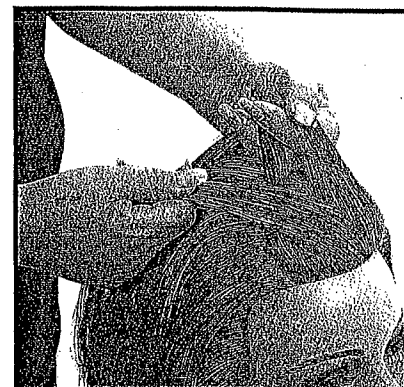
**7-8.** As you work toward the nape, conform your hands to the curve of the head to create a contoured effect. Continue to use the three-strand-underbraid technique as you work toward the ends. Secure the ends with a coated elastic band.

### Three-Strand-Underbraid Completion

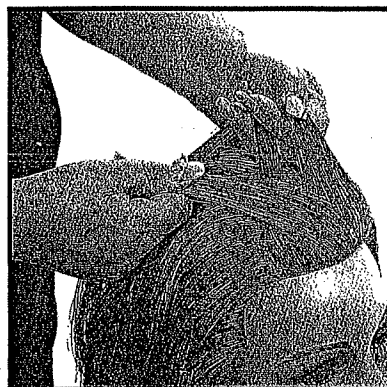
- Offer your client a rebook visit
- Recommend retail products to your client
- Disinfect implements and clean work station
- Wash hands with liquid antibacterial soap



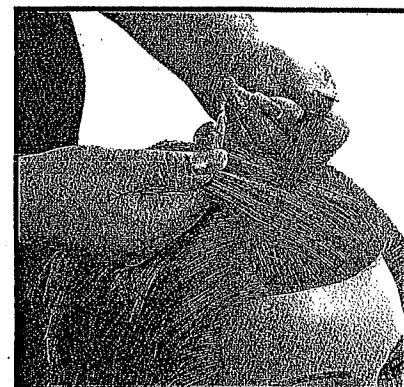
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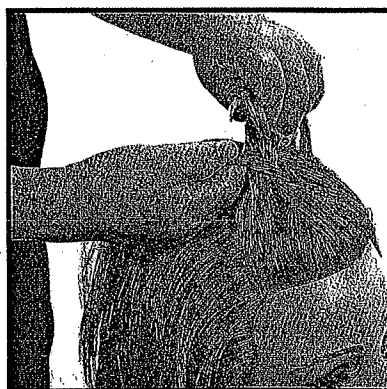
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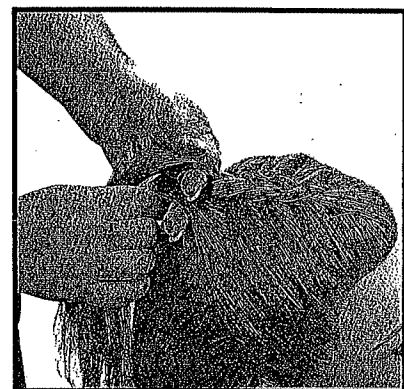
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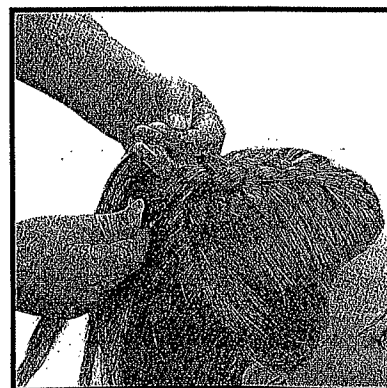
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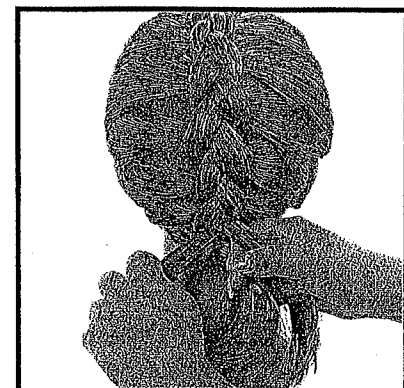
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6



7



8

Name \_\_\_\_\_

**Braiding Benchmark  
Cosmetology One  
Competency Evaluation Criteria**

- \_\_\_ Set up and washed hands
- \_\_\_ Proper tools
- \_\_\_ Proper sectioning and draping

**Inverted Braid**

- \_\_\_ At crown took a "V" shaped parting, divided it into three sections
- \_\_\_ Added to the top and hooked off the center
- \_\_\_ Continued to alternate hands and finished braid until the end/neatness
- \_\_\_ Time (10 minutes)

**Rope Braid**

- \_\_\_ Parted hair down the center into two sections and took a triangle shaped parting at hair line
- \_\_\_ Divided hair into two sections and twisted toward the face
- \_\_\_ Crossed section closest to the face over and added hair to it
- \_\_\_ Crossed over other section toward the part and added hair from the hairline to the part to the bottom section and twisted toward the face
- \_\_\_ Moved hand down the braid and kept it tight
- \_\_\_ Finished braid/neatness
- \_\_\_ Time (10 minutes)

**Fishtail Braid**

- \_\_\_ At crown took a "V" shaped parting and divided it into two sections
- \_\_\_ Crossed right strand over left and placed hair in right hand palm up, index finger in between
- \_\_\_ Added hair from left side and switched hands
- \_\_\_ Continued braid and moved hand down keeping braid tight
- \_\_\_ Finished braid to the end correctly/neatness
- \_\_\_ Time (10 minutes)

**Clean up and sanitation**

- \_\_\_ Combs and brushes free from hair
- \_\_\_ Manikin, stand and tray put away
- \_\_\_ Sanitized station with alcohol
- \_\_\_ Station check

**Braid Benchmark**    **Name** \_\_\_\_\_

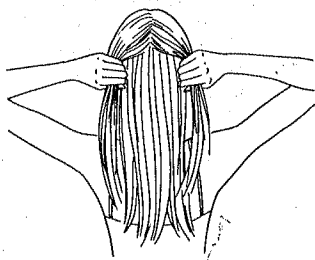
- 1 Sanitize work area** \_\_\_\_\_
- 2 Drape manikin** \_\_\_\_\_
- 3 Use tail or styling comb** \_\_\_\_\_
- 4 Correct tension of braid** \_\_\_\_\_
- 5 Straightness of the braid** \_\_\_\_\_
- 6 Proper Banding** \_\_\_\_\_
- 7 Sanitize station** \_\_\_\_\_
- 8 Raise your hand for the instructor** \_\_\_\_\_

# Braiding 101

Braiding isn't exactly an Olympic sport. But like an athlete, you need to master the fundamentals before you can excel at the game. At Barrett's Braids in the John Barrett Salon at New York City's Bergdorf Goodman, hairstylists are required to ace the following techniques:

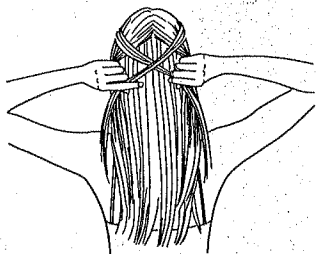


## Fishtail Braid



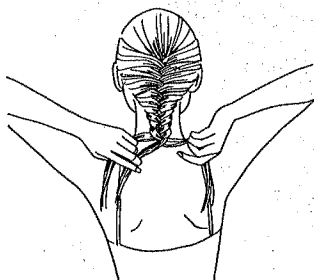
1.

Divide the hair you want to braid into two, not three, equal parts.



2.

Pull a quarter-inch piece of hair from the outside of the left section and cross it over to the right section. Do the same on the right, bringing a piece to the left. When you return to the left section, add a small piece of hair before you cross to the right.

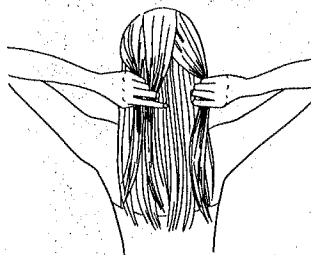


3.

Repeat this process on both sides until all the hair is gathered into two sections. Tie the ends with an elastic.

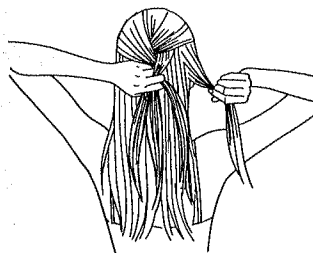


## French Braid



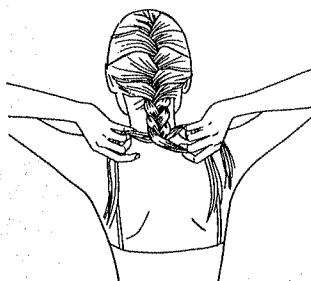
1.

Take a handful of hair and divide it into three equal parts.



2.

Begin braiding: Cross the right piece over the center, then the left piece over the center. Before repeating the crossover motion, pick up a bit of hair from the right side of the head, add it to the right section, and lay them over the center piece together.

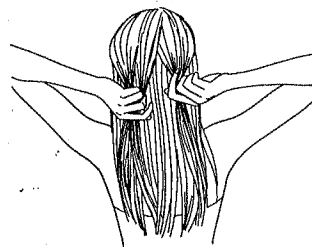


3.

Continue doing this on both sides until you've finished the braid. Tie with an elastic.

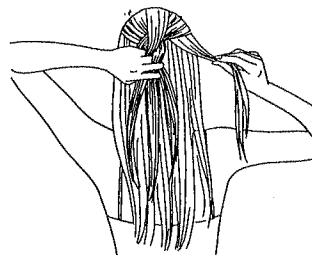


## Inside Out



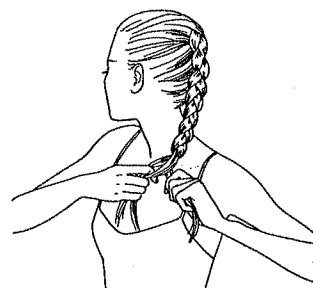
1.

Gather a section of hair and separate it into three parts.



2.

Use the French-braid technique, only instead of laying the sections over each other, pull them under each other. Add small sections of hair from both sides of the hairline as you braid.

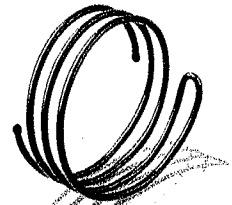


3.

A prominent braid will form on top of the head (this is what distinguishes it from a traditional French braid). Finish the braid, and tie with an elastic.

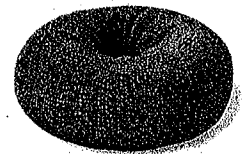
## Tool Kit

The cleverest tools for creating these new updos.



### Goody Simple Styles Bun Spiral

This corkscrew pin holds a bun in place with one easy twirling motion. "This is gentle on fine hair," says hairstylist Nathaniel Hawkins.



### Lovely Little Hair Bun

This "styling donut" fills out thin or short hair, producing a bun with oomph. Tie the hair in a ponytail and slip this over the ends. Slide the donut down slowly, tucking hair in around it (the material will hold the hair in place). By the time you reach the base, your hair will form a perfect bun.



### Sarah Potempa Wrap-Up

Slip the end of your ponytail through the moldable, fabric-coated wrap and roll it up toward the roots. Then wrap both ends around the base of the ponytail to create a messy topknot or low bun.



### Odile Gilbert Créations Hair Pin

"You don't want to put a million pins in the hair, so I created one big one," says Gilbert. Hairstylists have been smuggling the elegantly designed pins back from Paris since 2002, but international shipping is now available from [odilegilbertcreations.com](http://odilegilbertcreations.com).