



Bantu Knots

By Lei Quana U
AFN 121; BMCC
Prof. Remi Alapo
Fall 2021

What are Bantu Knots?

- *Bantu Knots is a hairstyle that originated from the Zulu/Bantu people of South Africa*
- *Bantu Knots are a protective style for natural hair where the hair is parted in sections and twisted/wrapped around the base of the hair to form a knot.*



How to do Bantu Knots?

<https://www.youtube.com/watch?v=fFtt3Y9-cBY>

Skip to 2:30

- *Bantu knots can be traced back to the 2nd millennium BCE throughout 1500 CE which at the time was the Bantu speaking community that originated from Southern West Africa and spread out through Central, Eastern & Southern Africa during the Bantu migration.*
- *Today the hairstyle has been reinvented in different ways, and still remains a staple for Black women around the world. Many celebrities such as Rihanna and Beyonce have worn Bantu Knots. They are also worn by African women of certain cultural groups with a sense of pride and are a strong representation of women in the community wearing a natural hairstyle passed down from generation to generation. Although many African-Americans do not know where their roots lie in Africa, it's an amazing feeling that we have been able to keep this tradition and style alive in our communities and families today.*



Reference Page

- <https://www.naturallycurly.com/curlreading/hairstyles/the-history-of-bantu-knots>
- <https://www.byrdie.com/bantu-knots-5075639>
- <https://blackbeautybombshells.com/bantu-knots-how-to-their-history-bantu-knots-hairstyles/>