The knots where the braid index equals the bridge index seem to have particular physical properties as demonstrated by several experiments. They undergo a periodic motion when sedimenting in a viscous fluid as knotted deformable closed chains, they also seem to achieve a circular minimum as elastic knots when their bending energy (curvature) is minimized. In this talk we study knots where the braid index equals the bridge index from a topological view. (Received August 27, 2018)