THE CHWEZI RULE (1350 – 1500 A.D) Origins

- Their origin is not clear.
- Most of what is known about them is derived from myths and oral traditions.
- The Bachwezi were the successors to the Batembuzi.
- They were also semi gods and wandering pastoralists.
- Some historians believe that they were Galla or Cushitic people from Ethiopia.
- Others suggested that they must have been Greeks, Portuguese or possibly Egyptians.
- Others claim that they were probably Bantu speaking people.
- They were believed to have entered Uganda through the North or North East.
- Unlike the Tembuzi, they were true human beings.
- They were tall and light skinned people.
- They were demi-gods who possessed super natural powers and performed miracles.
- They were pastoralists and mainly kept the long horned cattle.
- They were known by various names e.g. Chwezi, Tutsi, Hinda and Hima.
- The Bachwezi formed the Bunyoro-Kitara Empire.
- The first ruler of the Bachwezi was Ndahura and their last ruler was Wamara.

ORGANISATION OF BUNYORO KITARA EMPIRE

Political organization

- ❖ The Bachwezi were organized under one central authority i.e. they had a centralized monarch.
- ❖ The overall leader of the Bachwezi had the title Omukama.
- Omukama had absolute powers to life and death.
- ❖ The empire was divided into small states or provinces, districts and counties each under a chief.
- ❖ The chiefs were close relatives of the Omukama and formed a council of representatives.
- ❖ Bigobyamugyenyi was the capital of Bunyoro-Kitara Empire.
- ❖ The rulers lived in reed palaces with palace officials, Women and Slave artisans
- ❖ The Chwezi palaces were protected by enclosures called **Ebirembo**.
- ❖ The Chwezi Empire had a large standing army that fought using spears, bows and arrows.
- The Chwezi army also dug ditches around their capital and cattle kraals for purposes of protection.
- ❖ The Chwezi had a Royal Regalia which included the royal crown, royal drum and spears.
- These were symbols of power respected by everyone.

Social Organisation

- ❖ The Bachwezi had two classes of people in society i.e. the Bahima and Bairu.
- ❖ Bairu were cultivators while Bahima were pastoralists and rulers.
- ❖ They built grass thatched huts smeared with cow dung and decorated inside with a variety of hand crafts.
- ❖ They were great sportsmen who spent their free time playing games e.g. Omweso and wrestling.

- They were great hunters who used long spears.
- ❖ They built reed palaces for the Omukama to stay in.
- Religiously, they believed in many gods.
- ❖ They had many strange and super natural powers and could even disappear when annoyed.

Economic Organisation

- ❖ They were a pastoral group who mainly kept the long horned cattle.
- ❖ The Chwezi were also farmers who grew coffee, beans and millet.
- The Chwezi also carried out Iron working and made implements like hoes, pangas and spears.
- They were also involved in pottery and made round bowls; Jars and shallow basins.
- **A** Basket weaving also came with them.
- ❖ The bark cloth industry also formed part of their economy.
- They also made cow-hide sandals.
- ❖ They involved themselves in barter trade with their neighbors exchanging Iron implements and salt for food.

THE DECLINE OF CHWEZI EMPIRE

- ❖ The empire had grown too big to be effectively administered.
- ❖ The empire lacked strong and capable rulers especially after the death of Omukama Wamara.
- Misfortunes e.g. death of the darling cow Bihogo scared the Bachwezi who were forced to migrate.
- Wide spread internal rebellions especially from the Bantu also led to the decline of the Chwezi empire.
- ❖ Epidemics like Small pox and Malaria claimed many of their animals since they were a pastoral community and they ended up migrating to other areas
- Famine also broke out in the region forcing many people to leave the area in search of new areas that could provide them with food.
- ❖ The Chwezi rulers were greedy and oppressive which annoyed their subjects hence creating rebellions within the empire.
- ❖ The Chwezi also lost their popularity especially after people had realized that they were ordinary human beings not semi-gods which undermined their power.
- Conflicts among the various princes over power also weakened their hold on power and influence.
- Several communities broke away from the Chwezi empire for example Buganda, Bunyoro, Ankole leading to the decline of their power and influence.
- ❖ The Luo invasion is what finally broke the backbone of the Chwezi Empire i.e. the Luo set up the Luo-Bito Dynasty and forced the Chwezi to flee in different directions.

The importance of the Bachwezi in the History of E.Africa

- They introduced the centralized system of governance which was later adopted in many societies.
- ❖ They introduced hierarchical system of administration whereby administration was broken down into smaller units.

- ❖ The Chwezi are also remembered for introducing the idea of a standing army in the kingdom.
- The Chwezi also introduced the system of having a royal regalia comprising of the symbols of power in a community e.g. drums, spear e.t.c
- ❖ The Bachwezi were the founders of ancient Bunyoro- Kitara Kingdom which spread from Western Uganda to Western Kenya and Northern Tanganyika.
- ❖ They introduced games which are still popular in Uganda today e.g. local wrestling and Omweso.
- ❖ The Bachwezi also introduced coffee and banana growing in E.Africa which are still cash crops.
- ❖ The Chwezi introduced the idea of palace officials, royal women and slave artisans who were trained in administration.
- The Chwezi are also remembered for their super natural powers i.e. they were a strange group of people who performed miracles and could disappear when annoyed.
- ❖ They introduced a religion called Abashomi which is still evident up to today in Western Uganda particularly in Bunyoro.
- ❖ They built their capital at Bigobyamugenyi which is still a tourist attraction for Uganda today.
- ❖ The Bachwezi introduced the idea of royal enclosures (Ebirembo) in palaces such as Bigo, Mubende, Ntusi and kibengo. These were mainly for protecting cattle.
- The Chwezi also introduced the idea of grass thatched houses smeared with cow-dung and decorated with a variety of handcrafts inside.
- ❖ The Chwezi also introduced social classes in society especially in Western Uganda where the Bairu are the cultivators and subjects while the Bahima are the cattle keepers and ruling class.
- They introduced iron working and they made implements such as spears, Pangas, Hoes e.t.c.
- ❖ Discovered hot springs e.g. Kitagata in Western Uganda.
- ❖ They also developed the art and craft industry e.g. they introduced basket weaving.
- They also introduced bark cloth manufacture.

1. BUNYORO KINGDOM ORIGINS

- Bunyoro was under Bito rulers and sprung up after the collapse of the Chwezi Empire.
- Local traditions state that Isingoma Rukidi Mpuga was the founder of Bunyoro kingdom.
- Bunyoro was a loose confederation of provinces or Ssazas ruled by the chiefs.
- The growth and expansion of Bunyoro greatly depended on its rulers i.e. Abakama e.g. Omukama Kamurasi (1852- 1869) and Omukama Kabalega (1870 1897).
- The Kingdom stretched as far as Buganda, Toro and Ankole in the west to Busoga in the East and West Nile in the North.

Factors for the growth and expansion of Bunyoro

❖ Presence of able leadership i.e. Bunyoro was gifted with strong, active and ambitious leaders for example Omukama Kamurasi and Omukama Kabalega who expanded the Kingdom.

- ❖ The Kingdom had a highly developed centralized system of administration which ensured easy administration.
- The strong army of Abarusula built by Kabalega also contributed to the growth of Bunyoro. It was armed with guns got through trade with the Khartoumers and Coastal Arabs.
- ❖ Bunyoro was also gifted with fertile soils which ensured constant supply of Bananas, Yams and millet to sustain the population.
- ❖ Her good climate with heavy rainfall also supported agriculture to sustain the population.
- Bunyoro also expanded because it constantly raided her weak neighbours for example Ankole, Toro and Busoga.
- ❖ Bunyoro also participated in trade with her neighbours and also participated in the long distance trade (L.D.T) with the Arabs and Khartoumers where she got guns.
- ❖ Bunyoro had Iron deposits and through Iron working she was able to make spears and arrows for defense.
- Bunyoro also had plenty of salt deposits which she used to exchange with her neighbours.
- ❖ The decline of the Chwezi dynasty also favoured the growth and expansion of Bunyoro Kingdom. This gave a chance to Rukidi Mpuga to start up his own empire i.e. Bunyoro.

THE STRUCTURE/ORGANISATION OF BUNYORO KINGDOM Politically

- The kingdom had a centralized system of administration with the Omukama as the political head.
- Omukama had absolute powers i.e. to appoint, promote and dismiss any of his chiefs.
- ❖ The Kingdom was divided into provinces, districts and counties each under a chief for effective administration.
- ❖ Most of the chiefs came from distinguished Families and they ruled on behalf of the Omukama.
- ❖ Most of the chiefs resided at the Omukama's palace to ensure their loyalty to him.
- ❖ The Chiefs had to provide the Omukama with gifts such as cattle, beer, grains and men to serve in the army and at the palace.
- Chiefs were also responsible for tax collection and ensuring law and order within the kingdom.
- Initially, Bunyoro had no standing army and therefore all able bodied men would be called upon to form an army and the General would be appointed by the Omukama.
- The army had the duty of defending the Kingdom against external threats, expanding the kingdom, carrying out raids and spying on the Omukama's enemies.

Social Organisation

- The Banyoro had classes in their society with the Bahima as the rulers and the Bairu as the Subject class.
- Religiously the Banyoro believed in a supreme being called Ruhanga (God) who was believed to be the creator of all things.
- Apart from Ruhanga, the Banyoro had many other small gods and each clan and family had its own favourite god.
- ❖ The Banyoro had national gods like Wamara god of plenty, Mugizi −god of Lake Albert and Muhigo the god of war.
- Sacrifices were always offered to these gods to please them.

- The Banyoro also had royal regalia which included drums, spears, animal skins, the throne, royal crown and these were highly respected as symbols of power.
- ❖ The Banyoro were always united by a similar culture, language and way of dressing.

Economic Organisation

- ❖ Cattle rearing were the main economic activity of the Bahima and the herdsmen always moved with their cattle in search of pastures and water.
- Agriculture or crop growing was practiced by the lower class of peasants (Bairu) and they mainly grew millet.
- Salt mining was another economic activity in Bunyoro got from Lake Katwe.
- Salt was used for feeding animals and the rest was exported to her neighbours like Buganda.
- The Iron working industry was also developed in Bunyoro and they manufactured hoes, spears, and pangas. e.t.c.
- Trade was another economic activity of Bunyoro e.g. she traded with her neighbours and also participated in the long distance trade with the coastal Arabs.
- ❖ Bark cloth making was also done in Bunyoro to provide clothes to the people.
- ❖ Banyoro also involved them in pottery and sold the products outside the Kingdom.
- ❖ These who stayed near Lake Albert and rivers carried out fishing.
- Revenue was also collected from vassal states e.g. Buganda and Acholi which were supposed to pay tribute to the Omukama.
- ❖ The Banyoro also engaged in hunting for food, Elephants for Ivory and the Rhino for horns.
- ❖ The army of Bunyoro always raided it's neighbours for slaves and Ivory hence contributing to the economy.

REIGN OF OMUKAMA KABALEGA

- Kabalega was born in 1830 to Omukama Kamurasi.
- He spent his early years in Bulega where he acquired the name Kabalega meaning son of Bulega.
- After the death of his father in 1869, Kabalega was involved in a power struggle with his brother Kabigumire.
- Kabigumire was supported by the royal family and provincial chiefs.
- Kabalega used the support of the commoners, Arab mercenaries and his father's body guards to defeat his brother.
- Kabalega ascended to power in 1870.

CONTRIBUTIONS OF KABALEGA

- ❖ He started with the defeat of the opposition from the royal family by killing and exiling members of the royal Family and chiefs who supported his rival brother Kabigumire.
- * Kabalega established a highly centralized administration with him as the political head.
- ❖ He had a chain of chiefs in the provinces to ensure stability.
- ❖ Kabalega built a strong standing army of the Abarusula well armed with guns acquired from the L.D.T with Arabs.

- * Kabalega destroyed the social system of classes in the society and even appointed commoners to positions of responsibility.
- ❖ Kabalega expanded the Kingdom to occupy areas such as Toro, Bwamba, Bulega, Katwe, Lango, Buganda e.t.c and many others. This was done with the help of the Abarusula.
- * Kabalega encouraged trade with the coastal Arabs and Khartoumers from the North e.g. Bunyoro supplied Ivory and salt and in return she got guns.
- * Kabalega encouraged the Banyoro to grow enough food especially millet to reduce famine.
- ❖ He also built enough granaries (food stores) which ensured proper food storage.
- ❖ Kabalega encouraged the spirit of nationalism among the Banyoro for example he always reminded them of the Baganda threat and that if they didn't unite Buganda would finish them off.
- ❖ However Kabalega's programme of building Bunyoro was interfered with by the British.
- ❖ In 1891, he engaged the British in the guerilla warfare as he resisted colonial rule.
- ❖ In 1898, he was captured in Lango with Mwanga and was sent to exile in Seychelles Island.
- ❖ Kabalega died later in 1923 in Jinja as he tried to return to Bunyoro from exile.
- ❖ Kabalega was buried at Mparo in present day Hoima district.

DECLINE OF BUNYORO

- ❖ The Kingdom had grown too big which made it very hard for effective administration.
- ❖ Weak leadership especially after Omukama Kabalega also led to the decline of Bunyoro.
- The steady growth of Bunyoro's neighbours e.g. Buganda, Ankole, Toro also weakened her.
- ❖ Internal conflicts within Bunyoro also lead to her decline e.g. vassal states constantly revolted against Bunyoro.
- The loose confederation of chiefdoms and break away of areas such as Buganda, Toro and Ankole also meant Lose of revenue for the Kingdom.
- The Iron rich deposits of Kooki were taken away by Buganda which meant that Bunyoro would not make enough arrows and spears for defense.
- ❖ Frequent revolts by the Bunyoro princes also weakened the kingdom for example Omukama Kasagama established the Kingdom of Toro.
- ❖ In the late 19th century Buganda started trading with the Arabs who supplied her with guns to strengthen her army that managed to defeat Bunyoro.
- ❖ The arrival of the British increased Buganda's power and supported her campaigns that led to the final defeat of Bunyoro.
- ❖ Famine and hunger also led to massive loss of lives which reduced the population of the kingdom.
- ❖ Diseases and natural calamities like floods also led to the decline of the kingdom.

2. BUGANDA KINGDOM

Origins

- Buganda is one of the numerous Kingdoms that sprung up after the collapse of the Chwezi dynasty.
- A number of theories have been put forward to explain the origins of Buganda.

- According to oral traditions in Buganda, Kintu was the first Muganda believed to have come from the direction of Mt. Elgon (Kintu came from the East).
- He is said to have come with 13 or 14 of the present day clans in Buganda.
- According to traditions in Bunyoro, the founder of Buganda was Prince Kato Kimera who was a twin brother to Prince Isingoma Rukidi Mpuga the founder of the Bito dynasty in Bunyoro.
- He is said to have come with 5 or 6 of the present day clans in Buganda.
- Other traditions claim that Buganda originated from the Bantu clans that migrated from Congo basin.
- Buganda sprung up after the collapse of the Chwezi Empire with only three countries i.e. Kyadondo, Mawokota and Busiro.
- In the 17th century, Kabaka Kateregga began her systematic expansion by annexing Gomba, Singo, Butambala and Kyaggwe.
- Around the 18th century (1750) many immigrants arrived from Bunyoro, Mt.Elgon area and Ssese Islands to increase her population.
- Between 1780 1789 (18th century), Kabaka Jjunju waged war against Bunyoro and managed to annex Buddu and Kooki which were rich in Iron.
- Between 1814 and 1881 Kabaka Ssekamanya annexed Buwekula and Bwera and added them to Buganda.
- Between 1831 1851, Kabaka Ssuna finally attacked Bunyoro and crashed it.
- Still in the same period, Kabaka Mawanda tried to annex Busoga but failed in his attempt not until Kabaka Kyabaggu's reign that Busoga was finally crashed.
- In the late 19th century Buruuli, Mawogola, Bulemezi and Bugerere were annexed to Buganda as Bunyoro was declining.
- In the 1900 Buganda agreement, Buganda was given the two lost counties of Buyaga and Bugangaizi.
- This stretched her territory from Lake Albert in the west to River Nile in the East up to Northern Tanzania in the South.

FACTORS FOR THE GROWTH AND EXPANSION OF BUGANDA

- ❖ Buganda started as a very small state which made it easy to defend and administer effectively.
- Buganda was gifted with fertile soils and good climate which ensured production of Matooke to feed her big population.
- Buganda established trade links with the coastal Arabs and was able to obtain guns that helped her to expand.
- ❖ Buganda had well developed roads that connected the whole Kingdom which eased the movements of people and their goods.
- ❖ Buganda had a highly centralized system of administration which ensured stability in the Kingdom.
- ❖ Buganda had strong and capable leaders, e.g. Kabaka Ssuna, Kabaka Jjunju, Kabaka Ssekamanya .e.t.c who expanded the Kingdom to greater heights.
- ❖ The Kabaka married from all the major tribes of Buganda which created unity and loyalty of the people.

- ❖ Buganda took advantage of her weak neighbours to expand e.g. Bunyoro lost a lot of land to Buganda.
- ❖ The Kiganda society had division of Labour where by women engaged in agriculture while the men concentrated on trading, fishing and fighting to defend the empire.
- ❖ The geographical location of Buganda also gave her a security advantage e.g. Lake Victoria in the south, river Nile in the East and Lake Kyoga in the North provided natural defense barriers against enemies.
- Buganda also absorbed / conquered small communities which led to increase of her population.
- The coming of the British also led to the expansion of Buganda because they offered her enough support in defeating Bunyoro.
- ❖ The constant supply of tributes from conquered states also strengthened Buganda's economy e.g from Busoga.
- ❖ Buganda had a royal guard where by all able bodied men were supposed to go for compulsory military training so that they could defend the Kingdom.

STRUCTURE OF BUGANDA KINGDOM

Political organisation

- ❖ Buganda had a highly centralized system of administration.
- The Kabaka was the head of the Kingdom with absolute powers e.g. Kabaka could appoint, promote, demote and dismiss his chiefs.
- ❖ The Kabaka's powers were hereditary and leadership was passed on to his elder son.
- ❖ The Kabaka was assisted by 3 prominent chiefs i.e. Chief Justice (Omulamuzi), Treasurer (Omuwanika) and the Prime minister (Katikiro).
- The Kingdom was subdivided into counties (Ssazas), sub-counties (Gombolola), parish (Muluka), sub-parish (Ekitongole) and village (Kyalo).
- **Solution** Each of these was led by a chief for effective administration.
- ❖ The Chiefs were supposed to mobilize people for public works e.g. construction of roads.
- ❖ Buganda had a legislative council called Lukiiko (parliament) which was to formulate laws and advise the Kabaka.
- ❖ The Kabaka had royal body guards called Abambowa and these were charged with protecting the Kabaka at his palace and on journeys and functions.
- The Kabaka received gifts from his subjects and chiefs as a sign of loyalty and in return they would be rewarded with large chunks of land.

Social Organization

- Socially, Buganda was organized on clan basis.
- Every Muganda belonged to a particular clan e.g. Lion (Mpologoma) Monkey (Enkima) Buffalo (Mbogo).
- Marriage in Buganda was Polygamous.
- ❖ Members of the same clan were not allowed to get married.
- ❖ Each of the clans had a clan head (Omukulu we Kiika) and a special area of origin (Obutaka).
- * Kabaka was the head of all clans (Ssabataka) and belonged to the clan of his mother.

- ❖ The Baganda were divided into classes i.e. royal class for men (Abalangira) Women (Abambejja), Nobles (Abakungu), Peasants/ Commoners (Abakopi) and slaves (Abaddu).
- ❖ The Kabaka was the spiritual leader of Buganda and was considered semi-divine.
- ❖ The Baganda believed in small gods (Lubaale) whom they consulted on various occasions e.g. Ddungu (hunting), Musoke (rain), Mukasa (fishing), and Walumbe (death) e.t.c
- ❖ The Baganda also believed in witchcraft and sorcerers (Abalogo) who were consulted by those who wanted to harm others.
- ❖ The Baganda had a royal regalia which included, drums, backcloth, spears which were highly respected.
- Virginity was highly respected in Buganda because it was a sign of good upbringing and respect.

Economic organisation

- The Baganda carried out agriculture as the major activity and grew crops like Matooke, Cassava, Yams and beans.
- ❖ They also domesticated / kept animals like, cows, sheep, goats, chicken, and rabbits e.t.c
- ❖ Fishing was also carried out on the shores of Lake Victoria.
- Iron working was also practiced and they made implements such as knives, pangas and spears.
- ❖ The back cloth making industry was also developed in Buganda.
- ❖ The Buganda also participated in the long distance trade with the coastal Arabs mainly acquiring guns in exchange for slaves and Ivory.
- ❖ Buganda also received tributes from her vessel states to supplement on her revenue e.g. from Busoga and Toro.
- * Taxation was another source of revenue and it was the duty of chiefs to collect taxes.
- Raids were also important in Buganda's economy e.g. she raided Bunyoro, Busoga for cattle, slaves, Ivory e.t.c.

Reasons for Buganda's decline

- ❖ The Kingdom was too big to be effectively administered.
- ❖ Lack of able leadership especially after the death of Kabaka Muteesa 1 in 1884.
- ❖ Attacks from vassal states e.g. Busoga greatly weakened the kingdom.
- ❖ Land conflicts with Bunyoro also increased hostilities with her neighbours.
- ❖ Internal conflicts especially power struggles led to disunity in the kingdom.
- ❖ Disunity because of social classes also weakened her military strength.
- Natural calamities e.g. floods and diseases especially sleeping sickness which killed many people.
- The coming of Missionaries also led to disunity within the kingdom hence her decline.
- ❖ The coming of colonialists who effectively led to the loss of her independence.

3. ANKOLE KINGDOM

ORIGINS

• Ankole was one of the Kingdoms that made up after the decline of Bunyoro- Kitara.

- Traditions in Western Uganda claim that Rukidi Mpuga a son to Wamara was the founder of Ankole Kingdom.
- The Kingdom was established in the South Western part of Buganda around the 15th century.
- Initially, Ankole was called "Karo Karungi" meaning peaceful land or 'Land of Milk'.
- Ankole remained a small Kingdom around the 18th century and Ankole produced a number of ambitious Kings who extended her boundaries.

Political organisation

- ❖ Ankole had a centralized system of administration.
- Omugabe was the political head of the kingdom.
- ❖ The Omugabe's position was hereditary with absolute powers.
- ❖ The Omugabe, Queen mother, Princes and princesses formed the royal family and resided in the royal palace.
- The Omugabe was assisted by the Nganzi (Prime minister) who was the most important of all chiefs.
- ❖ Ankole was divided into 10 districts each headed by Omukungu (chief).
- Some of the districts included Mbarara, Ibanda, Nyabushozi, Bunyaruguru and Kashari.
- ❖ The Omugabe and Nganzi came from the upper class of the Hima and always kept large herds of cattle and estates.
- ❖ The Abakungu also kept cattle and were in charge of keeping peace and sending beer and millet to the royal palace.
- ❖ Ankole had royal regalia that included spears, a crown and the royal drum. (Bagyendanwa).
- ❖ Ankole also had a "royal fire" that was never allowed to go out until the reigning Omugabe died.
- Ankole had no standing army but in case of war, all able bodied men were supposed to gather at the Omugabe's palace with spears, bows, arrows and shields.

Social organisation

- ❖ Ankole society was divided into two distinct classes i.e. Hima and Iru.
- ❖ Bahima who were the rulers and pastoralists and Bairu who were the peasants and subject class.
- Marriage between the Bairu and the Bahima was considered a social disgrace and was highly discouraged.
- * Religiously, the Banyankole believed in a supreme being called Ruhanga who was thought to be the creator of the world.
- No prayer and sacrifices were offered to Ruhanga because they believe there was no need of bothering him after bringing them into the world.
- ❖ Below Ruhanga were other lesser goods e.g. kagoro, kazoba, Omusisi e.t.c to whom prayers and sacrifices were offered.
- ❖ The Banyankole highly respected spirits of the dead and sacrifices e.g. beer and milk were offered to them at family shrines.
- Owning cattle was a sign of prestige and those with few cows were always despised.

❖ The Banyankole were united by a similar culture, Runyankole language and same way of dressing e.g. Omushanana.

Economic organisation

- ❖ Pastoralism was the main occupation of the Banyankole and they kept long horned cattle mainly dominated by the Bahima.
- ❖ The Bairu also carried out cultivation and mainly grew millet.
- ❖ Blacksmithing was another activity of the Banyankole and they made spears, hoes and arrows.
- ❖ Trade was also carried out and they exchanged commodities like ivory with their neighbours and with coastal Arabs.
- ❖ Carpentry was also carried out by the Banyankole and they made very beautiful wooden pots, dishes and other items.

4. KARAGWE KINGDOM

Origins

- Karagwe kingdom extended between Rwanda and Burundi, Lake Victoria and the North western part of Tanganyika.
- The settlers in this area were Bantu who carried out farming and grew crops like millet, sorghum.
- They had come from the south west around the 15th and 16th century.
- However the Bantu are said to have stayed in this region for 43 centuries before migrating north East to Bunyoro and Toro.
- Later a section of these returned to Karagwe after the Luo invasion.
- By the time of their return, they had combined with the Chwezi.
- They reached Karagwe around the 16th century and set up the Hinda dynasty.