

HOW TO SET TWO HANDS WATCH

TO SET THE TIME



Pull out the crown, and set the time. If your watch is of the model whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw and then pull out the crown and set the time.

※The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time. When setting the time, the minute hand may move. This does not mean malfunction. In that case, be sure to reset the time before use.
※Telephone time casting service (tel. 117) might be helpful when you set the time.

HOW TO SET THREE HANDS WATCH OR WATCH WITH SMALL SECOND HAND

TO SET THE TIME



① Pull out the crown, when the second hand is at the 12 o'clock position, and the second hand stops. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw. Then, pull out the crown, and the second hand stops.



② Turn the crown to set the time.
※The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time. When setting the time, the minute hand may move. This does not mean malfunction. In that case, be sure to reset the time before use.



③ Push in the crown in accordance with a time signal. With a screw-lock type crown model, adjust the time first, and then turn the crown clockwise while depressing it until it locks in place.
※Telephone time casting service (tel. 117) might be helpful when you set the time.



HOW TO SET WATCH WITH DATE OR DAY-DATE FUNCTION

TO SET THE CALENDAR



① Pull out the crown to the first click position. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw, and then pull out the crown to the first click position.
※The crown can be pulled out all the way to the second click.



② Turn the crown to set the day and date before designated day, and turn the crown to set the designated date.



③ Pull the crown out to the second click, and turn the hands to set the correct date and day of the week.
※Do not set the calendar when the hands are pointing to the time between 9 P.M. and 3 A.M. If the setting of the calendar is made when the hands are pointing to the time between 9 P.M. and 3 A.M., the date or day will not change to the next date or day. Please set the calendar after turning the hands except during the above period.



④ After adjusting the time and calendar, push in the crown. With a screw-lock type crown model, turn the crown clockwise while depressing it until it locks in place.

TO SET THE TIME



① Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.



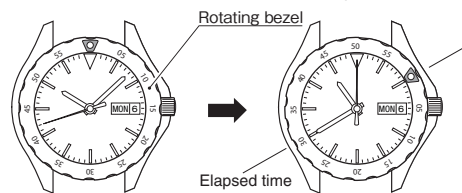
② Turn the crown to set the time.
※While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date and day of the week will change automatically once every 24 hours.)
※The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time. When setting the time, the minute hand may move. This does not mean malfunction. In that case, be sure to reset the time before use.



③ Push the crown back to the normal position in accordance with a time signal.
※Telephone time casting service (tel.117) might be helpful when you set the time.

HOW TO USE THE ROTATING BEZEL

The illustration below indicated that 30 minutes have elapsed since the diving started at 10:10 ("10" mark indicated the time when you started diving.)



HOW TO MEASURE THE ELAPSED TIME

Turn the rotating bezel to set "10" mark to the minute hand. After certain amount of time elapsed, read the graduation on the rotating bezel which the minute hand points to. The elapsed time is indicated.
※For safety's sake, the rotating bezel rotates only counterclockwise with clicks. Therefore, accidental rotation of the bezel is prevented, and also the bezel can be easily set to measure the elapsed time.

REMARKS ON LUMINESCENCE

Note on Luminescence

Luminescence is a luminous paint that is completely harmless to human beings and natural environment, containing no noxious materials such as radioactive substance. Luminescence is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Luminescence can emit light for 4 to 5 hours. Please note, however, that, as Luminescence emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

<Reference data on the luminance>

Sunlight [Fine weather]:100,000 lux [Cloudy weather]:10,000 lux
Indoor (Window side during daytime)
[Fine weather]:more than 3,000 lux [Cloudy weather]:1,000 to 3,000 lux
[Rainy weather]:less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)
[Distance to the watch: 1m]:1,000 lux [Distance to the watch: 3m]:500 lux
[Distance to the watch: 4m]:250 lux

REMARKS ON THE BATTERY

1. MONITOR BATTERY

The battery in your watch may run down in less than the specified period after the date of purchase, as it is a monitor battery inserted at the factory to check the functions and performance of the watch.

WARNING

- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children.
- If the child swallows it, consult a doctor immediately as it will affect the health of the child.

2. BATTERY REPLACEMENT

- For battery replacement, be sure to have the battery replaced with a genuine battery at the retailer or the dealer from whom you purchased the watch.
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
- Battery replacement is charged even if it runs down within the guarantee period.

CAUTION

- Do not leave your watch out of the room temperature from 5°C to 35°C for a long time. Doing so may shorten the battery life or cause a malfunction due to battery leakage.

SPECIFICATIONS

- Frequency of crystal oscillator : 32,768Hz (Hz=Herz—Cycles per second)
- Loss/gain : 20 seconds or 30 seconds/month at normal temperatures of between 5°C and 35°C (depends on movement)
- Operational temperature range : -5°C to +50°C(14°F to 140°F)
- Driving system : Step motor
- Battery : Silver oxide battery(1 piece)

※The above specifications are subject to change without notice.

TO PRESERVE THE QUALITY OF YOUR WATCH

PRECAUTIONS ON WEARING YOUR WATCH

WARNING

- In case you tumble, fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
- When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.
- Your watch may damage property or malfunction depending on your actions when wearing it. Special care should be taken.

CAUTION

- When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.

CARE OF YOUR WATCH

CAUTION

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust or those who have a delicate skin may have a rash.
- After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, this allowing for prolongation of the life of the gasket.
- Your watch is extremely sensitive to chemicals, including benzene, thinner, alcohol, detergent and other organic solvents. Keep your watch away from chemicals and avoid their chemical reaction to your watch. If not, it may be deteriorated.
(Leather band)
When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.

(Metal band)

Clean the watch band with a soft toothbrush dipped in water or soapy water, and be sure to blot up the moisture using a soft dry cloth. If your watch is not water-resistant, be careful not to get the case wet when cleaning.

(Soft plastic band)

If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time.

When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.

If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.

RASH AND ALLERGY

CAUTION

- Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or disorder depending on your physical condition.
- The possible causes of the rash are as follows:
 - Allergy to metals or leathers
 - Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

PLACES TO KEEP YOUR WATCH

When not in use, the watch may be damaged, deteriorated or broken in any of the following cases:

- If the watch is exposed to a temperature below -5°C or above +50°C for a long time, its performance may be impaired or it may stop operating.
- If the watch is exposed to direct sunlight, high temperature or low temperature for a long time, it may gain or lose in timekeeping.
- If the watch is exposed to magnetic leakage from TV sets, speakers, mobile phones, magnetic necklaces, etc., it may gain or lose in timekeeping.
- If the watch is exposed to strong vibration, it may be broken or gain or lose in timekeeping.
- If the watch is exposed to chemicals or chemical steam, it may deteriorate or be broken.
Examples of chemicals: Benzene, thinner, manicure, cosmetics spray solvents, cleaners, toilet solvents, adhesive agents, mercury, iodized disinfectants, insect repellents, etc.
- If the watch is exposed to hot spring water or other special environment or put in a box containing insect-killer, it may be deteriorated.
- It is recommended that the watch be put in a clean box or case and stored in a well-ventilated place.

PERIODIC CHECK

- We suggest that you have your watch checked every 2 or 3 years by the retailer from whom you purchased the watch. Depending on how the watch is used, the lubrication of the watch mechanism may become insufficient, parts may become worn due to impurities in the lubricating oil, or the watch may be running noticeably fast or late. Seals, etc., may also become worn and the watch may stop being waterproof. Take your watch to the retailer from whom you purchased it for inspection and adjustment through disassembly/cleaning.
- When replacing the parts such as battery, please specify "GENUINE PARTS".
- It is recommended that the gasket and the push-pin be also replaced with new ones.

WATER RESISTANCE

Check the dial or case back of your watch for the water resistant quality, and then see the table below.

WARNING

- NEVER WEAR a 10-, 15-, or 20-bar water-resistant watch during saturated diving and air diving.
- NEVER WEAR a 5-bar water-resistant watch during any type of diving including skin diving.
- NEVER PUT a 3-bar water-resistant watch into water.

CAUTION

- After you use a 5-, 10-, 15-, or 20-bar water-resistant watch in a bathing place, remove salt, etc. as soon as possible. If not, the watch may be rusted. If you rinse the watch under running water, excessive water pressure applies to the watch, this causing a failure in its water resistance. Always rinse the watch in a pot or bowl and be careful not to apply excessive water pressure to the watch.
- If a leather band gets wet, its durability may be affected.

	Designed to withstand water usually experienced in daily living such as splashes and rain.	Designed to withstand swimming and kitchen work.	Skindiving without scuba.	Genuine diving using scuba or heliungas.	Button operation when the watch is wet.	Crown operation when the watch is wet.
"WATER RESISTANT" is not inscribed on the back of your watch case.	×	×	×	×	×	×
"WATER RESISTANT" is inscribed on the back of your watch case.	○	×	×	×	×	×
"WATER RESISTANT 5-10-15-20 ATM." on the back of your watch case.	5 BAR	○	×	×	○	×
	10-15-20 BAR	○	○	×	○	×