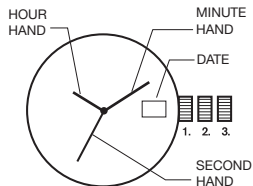


AUTOMATIC MECHANICAL WATCH SETTING

- (1) If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.
- (2) To start the watch after it stops completely, wind it up either by turning the crown or swinging it from side to side until the second hand starts moving. Then, set the time and date before wearing the watch on the wrist.
- (3) Once the watch is wound up fully, it operates more than 40 hours. (If the watch is used without being wound up fully, the watch may gain or lose time. To avoid this, wear the watch for more than 8 hours a day.) If the watch is used without wearing on the wrist (if it is used on the desk, for example) be sure to wind it up fully every day at a fixed time.



DATE SETTING (Some models do not display the date.)

- (1) Pull out the crown to position 2.
- (2) Turn the crown counterclockwise until the previous day's date appears.

Note:

Do not set the date and day between 9:00 p.m. and 4:00 a.m. Otherwise, the date may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside this period, then set the date.

- (3) Pull out the crown to position 3. Advance the hour and minute hands until the desired date appears. The time is now set for the A.M. period.
- (4) Push the crown back in to position 1.

TIME SETTING

- (1) Pull out the crown to position 3.

Note:

The second hand is still moving.

- (2) Turn the crown to set the time.

Note:

While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date will change automatically once every 24 hours.)

The mechanism of the mechanical watch is different from that of a quartz watch. To set the time accurately, first turn the minute hand 4 to 5 minutes behind of the desired time and then advance it to the correct time.

- (3) Push the crown back in to position 1.