

Instruction Manual

Please read this instruction manual carefully before use. Keep this instruction manual at hand and refer to it as necessary.



How to use an automatic chronograph.....⑥

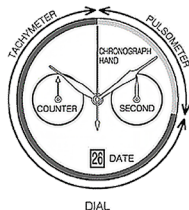
How to Handle Automatic (Self-winding) Mechanical Watches.....①

- This is an automatic mechanical watch.
- The main spring is wound with the normal motion of the arm while the watch is on the wrist. You can also wind the mainspring by turning the crown.
- When using a watch that has stopped, shake the watch to start it. When the second hand starts to move, set the time and put the watch on your wrist.
- To wind the spring with the crown, hold the watch in your left hand and turn it with the fingers of your right hand in the direction of the crown. The spring is designed to prevent the spring from cutting if it is wound to its full capacity.
- Insufficient winding of the mainspring can cause delays, so it is recommended that you carry the watch for at least eight hours a day. If you are working at your desk and have relatively lesser motion in your arm, turn the crown to wind the main spring accordingly to maintain good accuracy.

How to set the time.....②

(1) If the chronograph is running, be sure to stop it before setting the time. Please note that the hand of the accumulator will also turn when you set the time while the chronograph is in operation. This is not a malfunction.

- (2) Pull the crown out to position "3".
- (3) Turn the crown to adjust to the current time.
- (4) Push the crown into position "1".



How to set the date.....③

- (1) Pull the crown out to position "3" and set the time to approximately 6 o'clock.
- (2) Return the crown to position "2" and set the date to the day before the desired date. (You may turn the crown back to move the date one day by day.)
- (3) Pull the crown out again to position "3" and move the hand forward until the date is set for the day. Then set the time, paying attention to the a.m. and p.m. times.

(4) Do not make any date corrections between 8:00 p.m. and 2:00 a.m. on the time display. Do not attempt to adjust the date between 8:00 p.m. and 2:00 a.m. as doing so may result in a malfunction.

- (5) Caution: After setting the time and date, be sure to push the crown in to position "1". If the crown is pulled out, the watch will not be water resistant.
- (6) How to use chronograph function.

- (1) Press pusher A to start the chronograph. The accumulator will advance one tick every minute and can measure up to 30 minutes.
- (2) Press button 'A' again to stop the chronograph. Press and hold crown for 3 seconds to reset the chronograph to zero.

- (3) Press button B to reset the chronograph to zero. Do not attempt to reset the chronograph while the watch is running as this may result in a malfunction.

⑦How to Use the Perimeter Scale

The outer circumference has a pulsometer to the 17-second mark, and after 17 seconds, a tachymeter scale. The pulsometer was designed to measure the heart rate per minute in a short period of time. It counts the heart rate at the start of the chronograph and stops the chronograph after 15 counts. The number on the pulse meter scale corresponds to the number of heartbeats per minute (with a range of 55-160).

The tachymeter determines the average speed based on the time it takes to travel one kilometer. For example, the chronograph starts measuring when the car has passed the point of origin and stops 1 kilometre from the point where the chronograph is stopped. The tachymeter scale is then used to determine the average speed over this distance. The measurement range is from 200 to 60 km/h.

⑧Product Specifications

Functions: 3 hands (hours, minutes, seconds), stopwatch
Frequency: 28,800 vibrations per hour
Carrying accuracy: -10 to +25 seconds per day at room temperature (5 to 35°C)
Drive system: automatic spring with manual winding
Number of stones used: 34
Water resistance: 3 ATM

Specifications are subject to change without notice for improvement.

Repairs and other inquiries regarding products are handled at the shop where you purchased the product.

Manufacturer: Precision Watch Tokyo Co. Ltd.

Precautions for use and maintenance

Things to be aware of when wearing your Chronograph



Warning

Please be aware that wearing the watch if you fall over or collide with others may cause you to be injured. If you are holding an infant, please be aware that contact with the watch and the infant's skin may cause injury or rash due to allergies.

Please be aware of handling when you wear the watch, as wrong handling may cause damage to the watch.

Daily care of the watch



Caution!

Cases and bands are in direct contact with the skin. If dirty, the dirt may stain the cuffs of clothing and cause rashes. Always clean before use. When removing the watch, wipe off any excess moisture with a soft cloth so the case, band, and packing will last longer. Please note that the watch may deteriorate if it is washed with chemicals (organic solvents such as benzene, thinner, alcohol, and detergent).

<Leather strap>

Wipe gently with a soft cloth to absorb moisture.

Wiping with rubbing may cause discoloration or loss of luster.

Rash and allergies



Caution!

Please use the band with some allowance and good ventilation. Depending on your physical condition, it may cause itching and rash on your skin.

The cause of rash may be due to:

1. Allergy to metals and leathers
2. Dirt, rust, sweat, etc. on the watch body and strap

If any abnormality occurs on your skin, stop using it immediately and consult a doctor.

1. Exposure to direct sunlight, high temperature, or low temperature for a long time may cause a delay or advance in time accuracy.

2. Leaving the watch where there is a magnetic effect (TV, speaker, mobile phone, magnetic necklace, etc.) may cause a delay or advance in time accuracy.

3. Leaving it in a place with strong vibration may cause



4. If the watch is left where chemical vapors are emitted or where chemicals are exposed, it may cause deterioration or damage to the watch. Examples of chemicals: benzene, thinner, acetone, alcohols, kerosene, nail polish, cosmetics sprays, cleaners, toilet cleaners, adhesives, mercury, iodine-based disinfectants, insecticides, etc.
5. If the watch is left in a special environment such as a hot spring bath or a storage place containing an insecticide, the watch may deteriorate.
6. If you do not wear the watch for a long time, it is recommended that you put it in a box and store it in a well-ventilated place.

If this happens:

When the watch stops

Possible cause: The mainspring is not wound.

Shake the watch about 10 times or wind the crown several times. After that, the mainspring will be wound automatically. If the watch does not move even if you wind the mainspring, consult your dealer.

The watch temporarily advances / delays

Possible cause: Placed for a long time in a hot or cold place

The accuracy will be restored by placing the watch at room temperature.

Possible cause: Placed near something that generates magnetism

- You dropped, hit hard, or played a sport that shocks the wrist
- Strong vibration was applied to the watch.

The accuracy will not return. Please consult your store.

Cloudiness on crystal does not disappear

Possible cause:

Water has entered the watch due to deterioration of the waterproofing.

Turned the crown while submerged and pulled it out. Consult with the store where you purchased the product.

Storage

Note the following items may cause damage or deterioration of the watch or cause malfunctions when the watch is not in use.