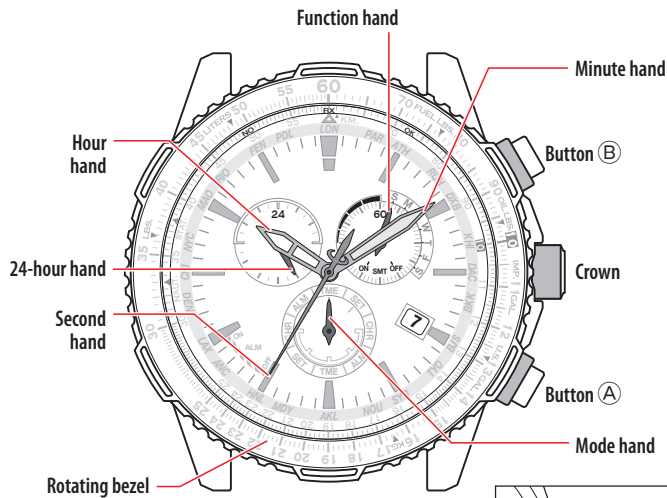
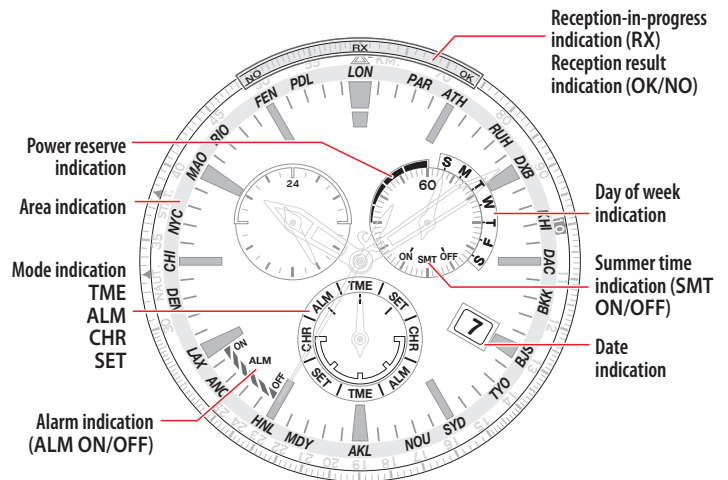
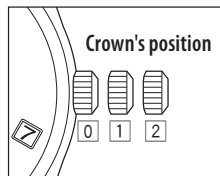


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.



- Actual appearance may differ from the illustration.
- The crown has two positions when pulling it out.



Checking the power reserve

You can see current power reserve amount by referring to the power reserve indication.

- Pull the crown out to position 1.**
The second hand points to 30 seconds and stops.
- Rotate the crown to move the mode hand to point [TME].**
- Push the crown in to position 0.**
- Press and release the lower right button A.**
The function hand indicates power reserve and the second hand indicates the previous reception result.

Level	3	2	1	0
Indication				
Duration	About 10 - 7 months	About 7 - 1 month	About 1 month - 3 days	3 days or shorter
Meaning	Power reserve is sufficient. OK for normal use	Power reserve is OK.	Power reserve is getting low.	Insufficient charge warning has started. Charge immediately.

- Press and release the lower right button A to finish the procedure.**

The second hand returns to indicate the second.

- The hand returns automatically in 10 seconds without pressing the button.

Checking the previous signal reception result

- Pull the crown out to position 1.**
The second hand points to 30 seconds and stops.
- Rotate the crown to move the mode hand to point [TME].**
- Push the crown in to position 0.**
- Press and release the lower right button A.**

The function hand indicates power reserve and the second hand indicates the previous reception result.

OK		The reception was successful.
NO		The reception failed.

- Press and release the lower right button A to finish the procedure.**

The second hand returns to indicate the second.

- The hand returns automatically in 10 seconds without pressing the button.



Checking the current world time setting

- Pull the crown out to position 1.**
The second hand points to 30 seconds and stops.
- Rotate the crown to move the mode hand to point [TME].**
- Push the crown in to position 0.**
- Press and release the upper right button (B).**
The second hand indicates the current time zone setting and the function hand indicates the current summer time setting.
- Press and release the upper right button (B) to finish the procedure.**
The hands return to normal.
 - It returns to current time indication automatically in about 10 seconds without pressing the button.

Setting the world time

This watch can indicate the time around the world according to which of 24 time zones (offsets from UTC — Coordinated Universal Time) is chosen.

- Pull the crown out to position 1.**
- Rotate the crown to move the mode hand to point [TME].**
- Pull the crown out to position 2.**
The second hand indicates the current time zone setting and the function hand indicates the current summer time setting.
- Rotate the crown to select an area.**
The hour and minute hands start moving as you finished to select an area.
 - Pressing button (B) while the hands stop changes the summer time setting.
- Push the crown in to position 0 to finish the procedure.**

Table of time zones and representative places

- Countries or regions may change time zones for various reasons.
- When using the watch in an area not listed in the table, select an area name in the same time zone.

Time zone	Second hand	Area name	Representative area	Signal station
0	0s	LON	London*	Germany
+1	3	PAR	Paris*	
+2	5	ATH	Athens*	♦Germany
+3	8	RUH	Riyadh	
+4	10	DXB	Dubai	♦China
+5	13	KHI	Karachi	
+6	15	DAC	Dhaka	
+7	17	BKK	Bangkok	China
+8	20	BJS	Beijing /Hong Kong	
+9	22	TYO	Tokyo	Japan
+10	25	SYD	Sydney	♦Japan
+11	27	NOU	Noumea	
+12	30	AKL	Auckland	♦USA
-11	33	MDY	Midway	
-10	35	HNL	Honolulu	
-9	38	ANC	Anchorage**	USA
-8	40	LAX	Los Angeles**	
-7	43	DEN	Denver**	
-6	45	CHI	Chicago**	
-5	47	NYC	New York**	♦USA
-4	50	MAO	Manaus	
-3	52	RIO	Rio de Janeiro	
-2	55	FEN	Fernando de Noronha	♦Germany
-1	57	PDL	Azores*	

- The offsets in the table are based on the standard time.
- The areas whose "Signal station" has ♦ mark in the table are out of reception range and cannot receive its signals.
- For an area with * or **, automatic change of summer time setting are linked. For details, see "Setting summer time".

Receiving the signal manually (on-demand reception)

- It may take 2 - 15 minutes to receive time signals.
- Pull the crown out to position 1.**
The second hand points to 30 seconds and stops.
 - Rotate the crown to move the mode hand to point [TME].**
 - Push the crown in to position 0.**
 - Press and hold the lower right button (A) for 2 seconds or more until the second hand points "RX".**
The second hand point to "RX" after indicating the previous reception result and signal reception starts.
 - Put the watch in the place with good conditions for time signal reception.**
 - Do not move the watch as far as possible while the second hand points "RX".
 - Pressing button (A) while the second hand points "RX" cancels signal reception and the watch returns to normal indication.



After the reception finished, the reception result (OK/NO) is indicated and the watch returns to normal indication.



Setting summer time

Checking the summer time setting

- Pull the crown out to position 1.**
The second hand points to 30 seconds and stops.
- Rotate the crown to move the mode hand to point [TME].**
- Push the crown in to position 0.**
- Press and release the upper right button (B).**
The second hand indicates the current time zone setting and the function hand indicates the current summer time setting.

SMT ON		Summer time is indicated.
SMT OFF		Standard time is indicated.

- Press and release the upper right button (B) to finish the procedure.**
The hands return to normal.
 - It returns to current time indication automatically in about 10 seconds without pressing the button.

Changing the summer time setting

- Pull the crown out to position 1.**
- Rotate the crown to move the mode hand to point [TME].**
- Pull the crown out to position 2.**
The second hand indicates the current time zone setting and the function hand indicates the current summer time setting.
- Rotate the crown to choose a time zone where you want to change the summer time setting.**
The time zone changes and the hour and minute hands start moving. The summer time setting of the chosen time zone is indicated.
- Press and release the upper right button (B) while the hands stop.**

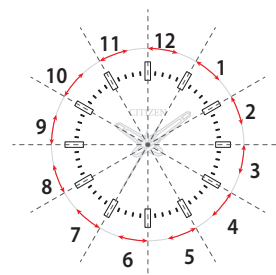
SMT ON	<ul style="list-style-type: none"> Summer time is indicated. Automatic switching of the summer time setting is activated. The summer time setting is automatically changed corresponding to reception of summer time signals.
SMT OFF	<ul style="list-style-type: none"> The standard time is indicated. Automatic switching of the summer time setting is deactivated. Summer time is not indicated even after reception of summer time signals.

- Each time you press button (B), the summer time setting of the chosen time zone changes alternately.
 - In the following groups of areas, the summer time setting of all areas in a group is automatically changed when summer time signals are received in an area of the group.
USA: ANC, LAX, DEN, CHI, NYC
Germany: LON, PAR, ATH, PDL
However, the link does not work for areas where the automatic switching is turned off.
- Repeat steps 4 and 5 to execute the summer time settings of other time zones.**
 - Push the crown in to position 0 to finish the procedure.**

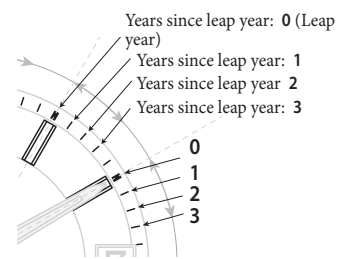
Adjusting the time and calendar manually

- Pull the crown out to position 1.**
- Rotate the crown to move the mode hand to point [SET].**
- Pull the crown out to position 2.**
The second hand points to 0 seconds and stops.
- Press and release the lower right button (A).**
The hour and minute hands slightly move and time and calendar become adjustable.
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**
 - Each time you press button (A), the target changes as follows:
Hour/minute/24-hour → date → year/month → day of week → (back to the top)
 - The hand or indication slightly moves when selected to show it becomes adjustable.
- Rotate the crown to adjust the hand/indication.**
 - The hour, minute and 24-hour hands move synchronously.
 - Check whether the time set is AM or PM with the 24-hour hand.
 - Date indication changes to the next as the function hand rotates 5 times.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - Year and month are indicated with the second hand.

“Month” corresponds to one of the 12 zones shown in the figure below.
Each number means month.



The year corresponds to the years since leap year and is indicated with the position of the second hand.



- Repeat steps 5 and 6.**
- Push the crown in to position 0 in accordance with a reliable time source.**
- Change the mode to [TME] to finish the procedure.**



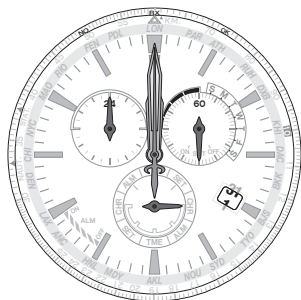
Checking the reference position

1. Pull the crown out to position **1**.
2. Rotate the crown to move the mode hand to point [CHR].
3. Pull the crown out to position **2**.
The hands and indication move to the current reference positions stored in memory and stop.

4. Check the reference position.

Correct reference positions:

- Hour, minute and second hands: 0 hour 00 minute 0 second
- 24-hour hand: "24"
- Date indication: midway between "31" and "1"
- Function indication "30" (straight below)



When the current reference position is different from the correct one, proceed to step 3 of "Correcting the reference position".

5. Push the crown in to position **0**.
6. Change the mode to [TME] to finish the procedure.

Correcting the reference position

1. Pull the crown out to position **1**.
2. Rotate the crown to move the mode hand to point [CHR].
3. Pull the crown out to position **2**.
4. Press and release the lower right button **A**.
The function hands move slightly.
5. Press and release the lower right button **A** repeatedly to change the hand/indication to be corrected.
 - Each time you press the button, the target changes as follows: Function hand/date indication → Hour/minute/24-hour hands → Second hand → (back to the top)
 - The hands slightly move when selected to show they become adjustable.
 - The function hand points "60" (straight above) when the hour, minute, second and 24-hour hands are the targets of adjustment.
6. Rotate the crown to adjust the hand/indication.
 - The hour, minute and 24-hour hands move synchronously.
 - Date indication changes to the next as the function hand rotates 5 times.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
7. Repeat steps 5 and 6.
8. Push the crown in to position **0**.
9. Change the mode to [TME] to finish the procedure.

Resetting the watch — All Reset

1. Pull the crown out to position **1**.
2. Rotate the crown to move the mode hand to point [CHR].
3. Pull the crown out to position **2**.
The hands and indication move to the current reference positions stored in memory.
 - Proceed to the next step when the hands and indication stop.
4. Press and release both the lower right button **A** and upper right button **B** at the same time.
As you release the buttons, the alarm sounds and all reset is executed.

The setting values after All Reset	
Time/calendar	January 1, Sunday of leap year
World time	LON
Summer time	SMT OFF at all time zones
Alarm setting	ALM OFF
Alarm time	0:00 AM
Reception result indication	NO

After All Reset

After All Reset, adjust the reference position, set the time and calendar and execute alarm setting.

