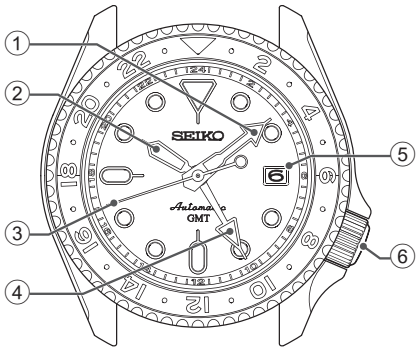
Names of the parts and their functions



① **Minute hand**
② **Hour hand**
③ **Seconds hand**
④ **24-hour hand**
⑤ **Date**
⑥ **Crown**
- Normal position (not locked): Wind up the watch (hand-wound)
- First click position: Date setting, 24-hour hand setting
- Second click position: Time setting

* The position and design of the display may vary depending on the model.

Crown

There are two types of crowns, a normal crown and a screw down crown.
Please check the type of the crown of your watch.

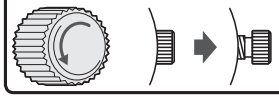
While pressing the crown in, turn it in the direction indicated by the arrow.

The crown turns. → **Normal crown**

Pull out the crown and operate it.

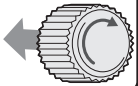
The crown does not turn. → **Screw down crown**

Unlock the crown before operating it.
Unscrew



After operating the crown, lock it.

Rotate while pressing the crown in.



* By locking the crown by screw, a screw down crown can prevent malfunction and increase water resistance.
* Be careful not to screw the crown in by force as it may damage the slots of the crown.

How to wind the mainspring

- This is an automatic mechanical watch with a manual winding mechanism.
- When the watch is worn on the wrist, the mainspring is wound automatically through normal wrist movement. The watch can also be wound up by turning the crown.
- 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 seconds hand starts moving. Then, set the time and date before putting the watch on the wrist. To wind up the watch, turn the crown clockwise slowly. The watch cannot be wound by turning the crown counterclockwise. In this way, the watch can be wound up fully. Furthermore, turning the crown further will not break the spring.

* For the watch with screw down crown, please unlock the crown before operating it and be sure to lock the crown after operating it.

* If the watch is used without being wound up fully, gain or loss of time may result. To avoid this, wear the watch for more than 10 hours a day. If the watch is used without being worn on the wrist, be sure to wind it up fully every day at a fixed time.

* If you use a watch that has stopped with the mainspring unwound, winding the mainspring with the crown will not start the watch immediately. That is because the mainspring torque or force is low at the beginning of its winding due to the characteristics of mechanical watches. The seconds hand will start to move when a certain degree of torque is reached after the mainspring has been wound up. However, swinging the watch from side to side to forcibly turn the balance can start the watch sooner.

How to set the time, 24-hour hand and date

■ How to set the time and date

The watch is provided with a date function and is so designed that the date changes once every 24 hours.
It also is provided with a 24-hour hand, which can be used to check whether the displayed time is AM or PM.
The date changes around 12 o'clock midnight. Therefore, if the time is not properly set with regard to AM/PM, the date will change at 12 o'clock noon. Please make sure that AM/PM is set correctly with the 24-hour hand.

* To adjust the date only on a day such as the next day after the completion of a month that has less than 31 days (February, April, June, September and November), please refer to "Date adjustment at the end of the month" → P.18.

⚠CAUTION

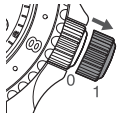
Do not set the date between 9:00 p.m. and 3:00 a.m.
Amending the date during this time period may cause problems such as the date failing to change the next day.

1 Make sure that the watch is working.

* To carry out the procedure, please make sure that the watch is in working state. Please wind the mainspring when the watch is not working.

2 Pull out the crown to the first click.

* For models with screw down crown, please unlock the crown before operating it.



Pull out the crown to the first click

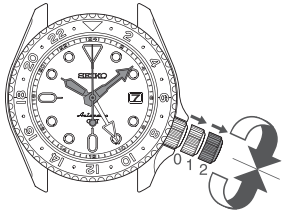
3 Turn the crown counterclockwise to set the date.

Turn it until the previous day's date appears.
Ex.) To display the date as "7," then set this to "6."
Turn the crown counterclockwise to set the date.

The date is advanced one day

4 Pull out the crown to the second click and set the time.

Pull out the crown to the second click when the seconds hand is at the 12 o'clock position; the seconds hand stops on the spot.
Turn the crown to advance the hands until the date changes to the next. The time is now set for the A.M. period. Advance the hands to set the correct time.



5 Push the crown back in to the normal position in accordance with a time signal.

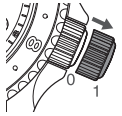
The seconds hand immediately starts moving.

* The telephone time signal service is helpful for setting the seconds hand exactly.

Next, set the 24-hour hand.

6 Pull out the crown to the first click.

The seconds hand continues moving.



Pull out the crown to the first click

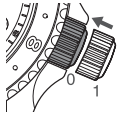
7 Turn the crown clockwise to adjust the 24-hour hand.

Turn the crown to set the 24-hour hand to the correct time.

The 24-hour hand moves clockwise

8 Push the crown back in to the normal position.

* For models with screw down crown, please be sure to lock the crown after operating it.



Push the crown back in to the normal position

■ Date setting

The date is linked to the time and changes once every 24 hours, whether the watch is running or the crown is used to adjust the time. When the time is advanced across a day, the date is also advanced. Even when the time is set back across a day, the date will not be set back.

- When the watch is running, the date changes at around midnight (between 11:45 PM and 0:30 AM).
- When the crown is used to adjust the time, the date changes between 9:00 PM and 3:00 AM of the next day. The date will then change at around midnight (between 11:45 PM and 0:30 AM) when the watch is running normally.

● When setting the time between 9:00 PM and 3:00 AM the next day

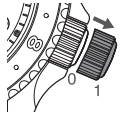
- When setting the time between 9:00 PM and 3:00 AM the next day, first set the time back before 9:00 PM (or ahead of 3:00 AM) and make sure that the date is correct before setting the time.
- When the time is advanced or set back to between 9:00 PM and 3:00 AM the next day, the date may not change at around midnight. However, the date will change to the day after the date at 9:00 PM (i.e., the date at 3:00 AM) after 3:00 AM. Also, when the watch is running, the timing at which the date changes will return to the normal timing.

■ Date adjustment at the end of the month

It is necessary to adjust the date at the end of February and 30-day months.

Ex.) To adjust the date in the A.M. period on the first day of a month following a 30-day month
The watch displays “31” instead of “1.” Pull out the crown to the first click.
Turn the crown counterclockwise to set the date to “1” and then push the crown back in to the normal position.

* For models with screw down crown, please be sure to lock the crown after operating it.



Pull out the crown to the first click

■ How to use the 24-hour hand

There are two ways to use the 24-hour hand as follows.

● Distinguishing between AM and PM (Standard usage type)

The time indicated by the hour and minute hand is shown in 24-hour format.

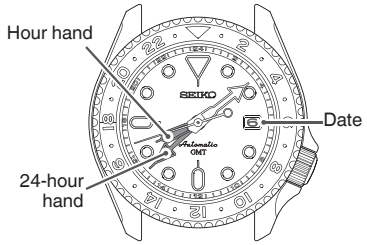
【Example】
Hour hand, date : Japan
24-hour hand : Japan

Japan : At 10:08 AM on 6th

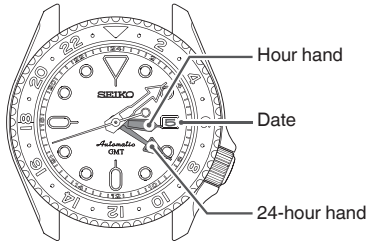
● Indicating the time of two different regions (As a dual time indicator)

It is possible to indicate the time of a region that is different from the time indicated by the hour and minute hand.
Please refer to “How to set the time and date” → P.13 when changing the time display.

【Example 1】
Hour hand, date : A region (Japan)
24-hour hand : B region (Honolulu)



【Example 2】
Hour hand, date : B region (Honolulu)
24-hour hand : A region (Japan)



Japan : At 8:08 AM on 6th
Honolulu : At 3:08 PM on 5th

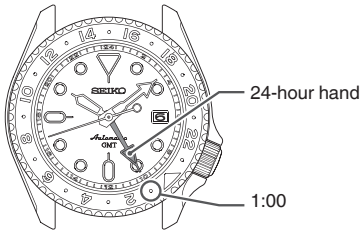
How to use the rotating bezel with 24-hour scale (For models with rotating bezel having 24-hour scale)

By turning the rotating bezel, another time can be read at the 24-hour hand.

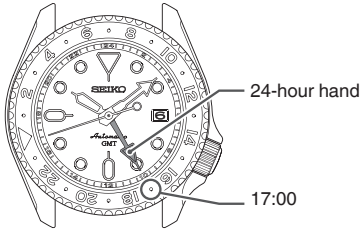
■ In the case of 24-hour hand being set to 24 hours of the hour and minute hands

<The direction and the amount to turn the rotating bezel can be determined by the following method>
[The direction and the amount to turn the rotating bezel] E
is calculated as,
[Time difference from GMT of 24-hour hand, C] - [Time difference from GMT of the region you wish to know, D]
E = C - D
In this example, the 24-hour hand indicates Japan time, and therefore, C = +9.

a) As an example, if the time of a region you wish to know belongs to the time zone of GMT, the time difference from GMT is “0” and hence,
D = 0
E = C - D = (+9) - (0) = +9
GMT can be read as “1:00” on the rotating bezel scale.
* If E is a positive number “+”, turn the rotating bezel clockwise. If it is a negative number “-”, turn it counterclockwise.



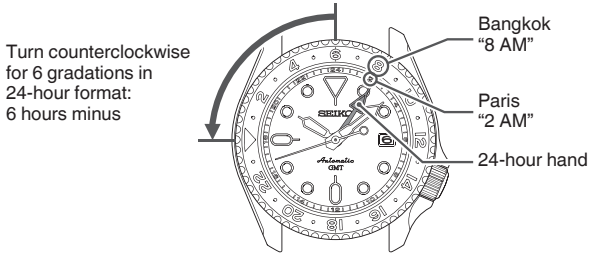
b) As another example, if you wish to know the time of the region “Los Angeles”, the time difference from GMT is “-8 hours”, so D = -8
E = C - D = (+9) - (-8) = +17
Turn the rotating bezel 17 hours clockwise. (Result: Same as the counterclockwise rotation of 7 hours)
Los Angeles time can be read as “17:00”.
* When this intended usage is no longer needed, please return the original position “24” mark of rotating bezel to 12 o’clock position.



* “List of time zone differences in major regions of the world” → P.25

■ In the case of 24-hour hand being set to different time zone

Three different time zones can be read by turning the rotating bezel.
【Example】 When displaying 10:08 AM Japan time with the hour and minute hands, and displaying Paris time with the 24-hour hand,
Time difference from GMT of “Paris” where the 24-hour hand is set, C = +1
Time difference from GMT of “Bangkok” that you wish know from now on, D = +7
E=C-D= (+1) - (+7) = -6
Turn the rotating bezel counterclockwise and set.



■ List of time zone differences in major regions of the world

City display	Name of the representing cities	Time difference from Japan	Time difference from GMT	Other cities
WLG	Wellington★	+3 hours	+12 hours	Fiji islands★, Auckland★
NOU	Noumea	+2 hours	+11 hours	Solomon Islands
SYD	Sydney★	+1 hour	+10 hours	Guam Island, Khabarovsk
TYO	Tokyo	±0 hour	+9 hours	Seoul, Pyongyang
HKG	Hong Kong	-1 hour	+8 hours	Manila, Beijing, Singapore
BKK	Bangkok	-2 hours	+7 hours	Jakarta
DAC	Dhaka	-3 hours	+6 hours	
KHI	Karachi	-4 hours	+5 hours	Tashkent
DXB	Dubai	-5 hours	+4 hours	
JED	Jeddah	-6 hours	+3 hours	Mecca, Nairobi, Istanbul
CAI	Cairo	-7 hours	+2 hours	Athens★

City display	Name of the representing cities	Time difference from Japan	Time difference from GMT	Other cities
PAR	Paris★	-8 hours	+1 hour	Rome★, Amsterdam★
GMT	London★	-9 hours	±0 hour	
PDL	Azores Islands★	-10 hours	-1 hour	
RIO	Rio de Janeiro★	-12 hours	-3 hours	
SDQ	Santo Domingo	-13 hours	-4 hours	
NYC	New York★	-14 hours	-5 hours	Washington★, Montreal★
CHI	Chicago★	-15 hours	-6 hours	Mexico City★
DEN	Denver★	-16 hours	-7 hours	Edmonton★
LAX	Los Angeles★	-17 hours	-8 hours	San Francisco★
ANC	Anchorage★	-18 hours	-9 hours	
HNL	Honolulu	-19 hours	-10 hours	
MDY	Midway Island	-20 hours	-11 hours	

* In the regions marked with ★, daylight saving time is introduced. (As of Oct, 2018)
* Daylight saving time, being defined as time difference +1 hour, is a system that advances the time by 1 hour during summer time to prolong the daylight hours.
* Time difference and daylight saving time are subject to change depending on the conditions of the respective countries or regions.

How to use the compass (Only for models with the compass bezel (ring))

- Please use the compass in places where the sun is visible or its location is known.

* The compass is so designed to provide only a rough indication of directions, and should not be used where accuracy is critical.

■ Using the 24-hour hand

- Before using the compass, it is necessary to set the 24-hour hand to the current time of your area.
- If daylight saving time (summer time) is in effect in your area, be sure to set your watch one hour behind the current time before using the rotating compass.

● In the Northern Hemisphere

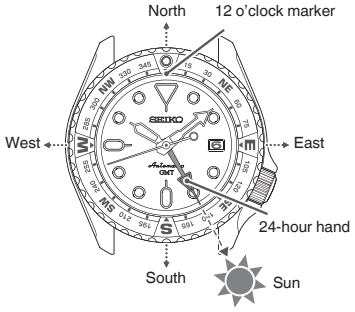
* In low latitude areas (south of the Tropic of Cancer), the compass may not function properly at certain times of the year.

1 Set “N (North)” on the rotating compass bezel (ring) to the 12 o’clock marker.

* “N” may be another mark.
* In the case of a ring, it may have a crown, etc. for operation.

2 While keeping the dial level, point the 24-hour hand in the direction of the sun.

The direction marks on the rotating compass indicate the corresponding directions.



● In the Southern Hemisphere

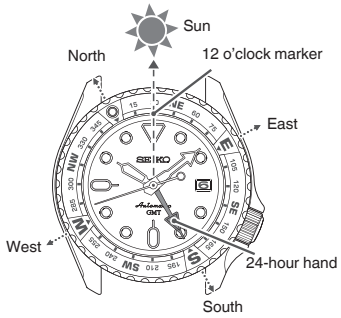
* In low latitude areas (north of the Tropic of Capricorn), the compass may not function properly at certain times of the year.

1 Set “S (South)” on the rotating compass bezel (ring) to the 24-hour hand.

* In the case of a ring, it may have a crown, etc. for operation.

2 While keeping the dial level, point the 12 o’clock marker in the direction of the sun.

The direction marks on the rotating compass indicate the corresponding directions.



■ Using the hour hand

- Before using the compass, it is necessary to set the hour hand to the current time of your area.
- If daylight saving time (summer time) is in effect in your area, be sure to set your watch one hour behind the current time before using the rotating compass.

● In the Northern Hemisphere

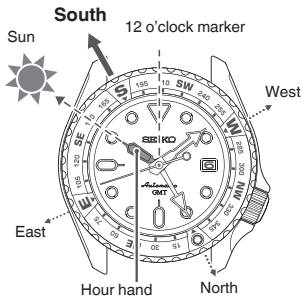
* In low latitude areas (south of the Tropic of Cancer), the compass may not function properly at certain times of the year.

1 While keeping the dial level, point the hour hand in the direction of the sun.

2 Set “S (South)” on the rotating compass bezel (ring) to the middle point of the arc between the 12 o’clock marker and the time scale indicated by the hour hand.

The direction marks on the rotating compass indicate the corresponding directions.

* In the case of a ring, it may have a crown, etc. for operation.



● In the Southern Hemisphere

* In low latitude areas (north of the Tropic of Capricorn), the compass may not function properly at certain times of the year.

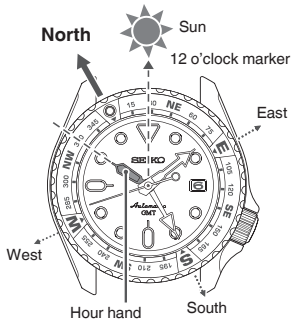
1 While keeping the dial level, point the 12 o’clock marker in the direction of the sun.

2 Set “N (North)” on the rotating compass bezel (ring) to the middle point of the arc between the 12 o’clock marker and the time scale indicated by the hour hand.

The direction marks on the rotating compass indicate the corresponding directions.

* “N” may be another mark.

* In the case of a ring, it may have a crown, etc. for operation.



Daily care

● The watch requires good daily care

- Do not wash the watch when its crown is in the extended position.
- Wipe away moisture, sweat or dirt with a soft cloth.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
  Do not pour running water directly from a faucet onto the watch. Put some water into a bowl first, and then soak the watch in the water to wash it.

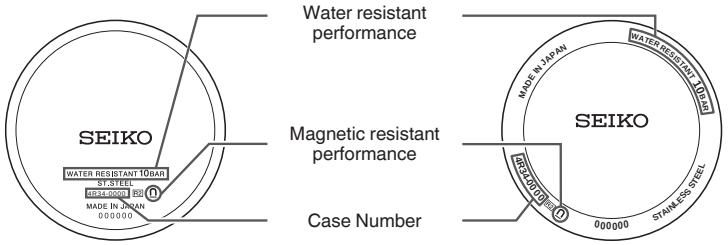
* If your watch is rated as “Non-water resistant” or “water resistant for daily use,” please do not wash the watch.
“Performance and type” → P.32
“Water resistant performance” → P.34

● Turn the crown from time to time

- In order to prevent corrosion of the crown, turn the crown from time to time.
- The same practice should be applied to a screw down crown.
“Crown” → P.10

Performance and type

The case back shows the caliber and performance of your watch



- **Water resistant performance**
  Please refer to P.34.
- **Magnetic resistant performance**
  Please refer to P.35 and P.36.
- **Case Number**
  The number to identify the type of your watch.

* The above illustration is provided as an example, therefore it may not be exactly the same as your watch.