

MECHANICAL AUTOMATIC MOVEMENT

This timepiece is equipped with a self-winding Mechanical Automatic movement. **It does not need a battery.** It is powered by the motions of the user's own wrist during the wear of the watch automatically. You may also choose to wind the watch manually.

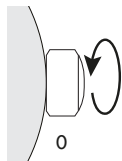
Before wearing your watch, make sure to wind it clockwise with 20 rotations of the crown.

For good measure gently move the watch side to side around 30 times to see the seconds hand run at its normal speed.

Please make sure to remember that during a period when you are not wearing the watch, the power reserve of movement will wear down and you will have to re-wind the watch again before wearing.

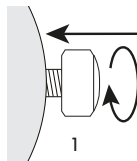
SCREW-DOWN CROWN

This watch maybe equipped with a screw down crown . Do not pull the crown unless it is unscrewed first.



TO UNSCREW:

Turn the crown anti-clockwise until it turns freely without tension. Gently pull the crown out to the other desired positions for watch setting (see specific operating instructions on the following pages).



TO SCREW:

Push the crown all the way in (towards the watch) then begin to turn clockwise until it is securely screwed down.

* Failure to securely screw down the crown after setting the watch may affect its water resistance.

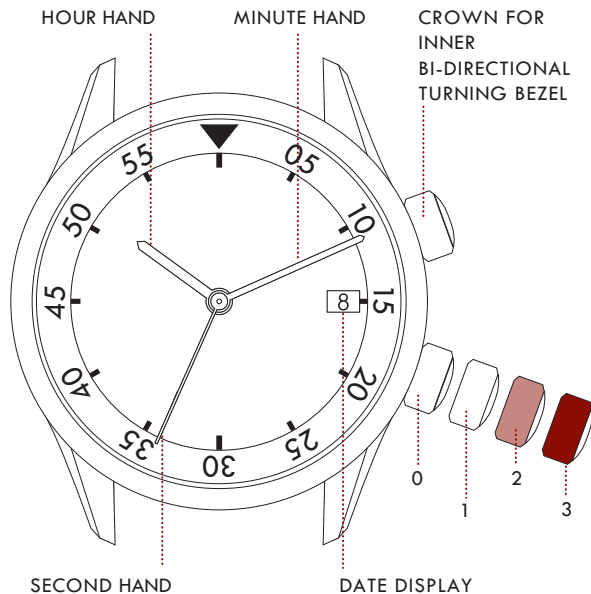
WINDING THE MAINSPRING

When a watch is first purchased or if the watch hands have stopped moving, it is a good idea to gently wind the mainspring to restart, and put energy on the mainspring. An automatic watch will only wind when the watch is on your wrist and your arm moves. This is also advisable before setting the time on your watch.

To wind an automatic watch - If your timepiece has a screw-down crown, unscrew the crown by turning the crown anti-clockwise until it turns freely without tension (For a crown without a screw-down feature, turning the crown clockwise in the '0' position).

Then hand wind the mainspring by simply turning the crown clockwise. Wind 15- 20 times and it will start to move naturally after shaking slightly.

This watch **MUST** be worn for at least 8 (Eight) hours each day to ensure it is fully wound.



RELEASE SCREW-DOWN CROWN BEFORE SETTING

As your watch has a screw down crown feature, release the watch from the screw down position (from 0 to 1) before setting.

SETTING THE TIME

1. Pull the crown out to position 3, its maximum extension. The second hand will stop moving.
2. Turn the crown either clockwise or anti-clockwise until the watch hands are positioned at the desired time.
3. When the desired time is reached push the crown back to position 1 and screw down if applicable.
4. Secure the screw down crown after setting.

Note: When the hour hand passes 12 o'clock and the date changes, the watch is set at midnight. If the date does not change, it is set at noon.

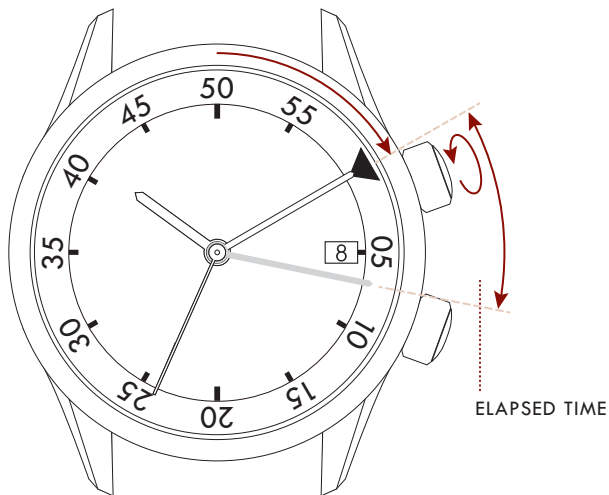
SETTING THE DATE

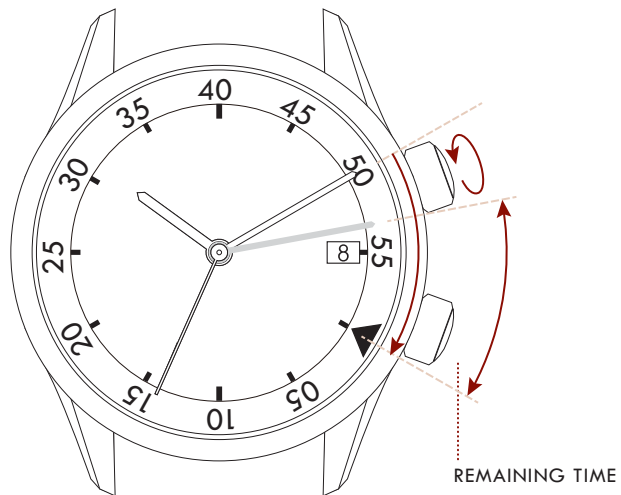
1. Pull the crown out to position 2.
2. Turn the crown clockwise or anti-clockwise until the desired date is shown in the date window.
3. When the desired date is reached push the crown back to position 1 and screw down if applicable.
4. Secure the screw down crown after setting.

* Do not change the date between 10pm and 2am as this may damage the movement.

HOW TO USE INNER BEZEL TO CHECK ELAPSED TIME

1. Turn the upper crown anti-clockwise, the inner bezel turns clockwise.
2. Align the mark "▼" of the inner bezel with the position of the minute hand (white minute hand).
3. Then read the scale above the inner bezel, to which the minute hands points so as to figure out the elapsed time (gray minute hand).





HOW TO USE INNER BEZEL TO CHECK REMAINING TIME

1. Turn the upper crown anti-clockwise, the inner bezel turns clockwise.
2. Set the mark "▼" of the inner bezel to the scheduled time (time ahead during setting).
3. By reading the scale on the inner bezel, you can now see the amount of time that remains until the scheduled point (gray minute hand).

All CCCP timepieces are designed with a minimum water-resistance rating of 5 ATM (50m).

The water-resistance of a timepiece protects the movement from dust, moisture, and risk of damage to the movement should it be immersed in water.

Please see chart for guidelines for the recommended exposure of various water ratings.

It is important not to attempt to adjust the position of the crown while the timepiece is in contact with water. Water can enter the case causing damage to the movement.

For timepiece with screw-down crowns, it is important to ensure the crown is in the proper position and completely locked before contact with water.

For timepieces with chronograph functions, do not engage the chronograph under water, as water may leak in the case and cause damage to the movement.

USE PRECAUTIONS - RESISTANCE TO WATER

All CCCP timepieces are designed to withstand use as indicated on the following chart.

Indication	Water-related Use			
Water Resistant characteristics	Light spray, Perspiration, Light rain, etc.	Bathing, etc.	Shallow swimming, etc.	Skin diving, (Diving without oxygen cylinder)
3 ATM	OK	NO	NO	NO
5 ATM	OK	OK	NO	NO
10 ATM	OK	OK	OK	NO
20 ATM	OK	OK	OK	OK

Always set the crown in the normal position.
Tighten screw-down crown completely.