



### WINDING THE MAINSPRING

Automatic winding watch can also be hand wound by turning the crown clockwise in the "N" position. Wind 15-20 times and it will start to move naturally after shaking slightly.

### SETTING THE TIME

1. Pull the crown out to the position 2.
2. Turn the crown to set hour and minute hands.
3. After the time has been set, push the crown back to the normal position

### SETTING THE DATE

1. Pull the crown out to the position 1.
2. Turn the crown counter-clockwise to set the date.
3. After the date has been set, push the crown back to the normal position.

\* Do not set the date between 9:00PM and 1:00AM. Otherwise, the day may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then reset the correct time.

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.

## GENERAL INSTRUCTIONS FOR MECHANICAL AND AUTOMATIC WATCHES

When manually winding a watch always turn the crown in a clockwise direction.

Do not force the crown when you feel the spring become tense toward the end of the winding process.

Daily winding is recommended even if you believe that your watch has enough power, it's always a good idea to give your mechanical watch a quick wind before wearing it for the day.

Automatic watches can also be manually wound by turning the crown clockwise in position 1. It is recommended that if your watch has completely run out of power you manually wind it (with about 30 turns) before wearing.

Try to avoid exposing your watch to strong magnetic sources (for example smartphones, loudspeakers) as these may have an adverse effect on the movement.

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	<b>OK</b>	NO	NO	NO
5 ATM	<b>OK</b>	<b>OK</b>	NO	NO
10 ATM	<b>OK</b>	<b>OK</b>	<b>OK</b>	NO
20 ATM	<b>OK</b>	<b>OK</b>	<b>OK</b>	<b>OK</b>

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