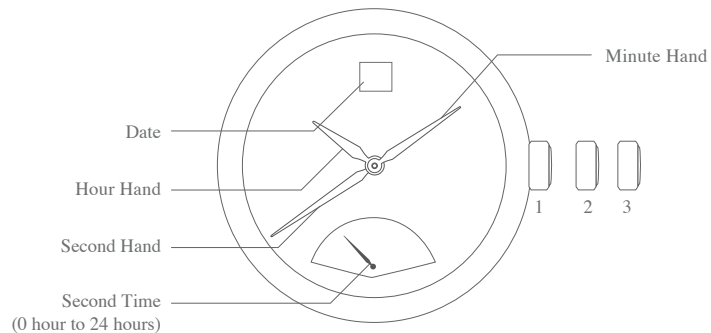


*JAPAN QUARTZ 3 HANDS
WITH DATE AND RETROGRADE*

A) DISPLAY



B) SETTING THE TIME

1. Pull the crown out to the Position 3.
2. Turn the crown to set hour and minute hands.
3. When the crown is pushed back to the Position 1, second hand begins to run.

C) SETTING THE DATE

1. Pull the crown out to the Position 2.
2. Turn the crown clockwise to set the date.
*If the date is set between the hours of around 9:00PM and 2:00AM, the date may not change on the following day.
3. After the date has been set, push the crown back to the Position 1.

D) SETTING THE SECOND TIME (24 HOURS)

1. Pull the crown out to the Position 2.
2. Turn the crown counter-clockwise to set the second time (24H).
3. After the second time (24H) has been set, push the crown back to the Position 1.