

JAPAN QUARTZ CHRONOGRAPH WITH RETROGRADE AND DATE / DAY

SETTING THE TIME

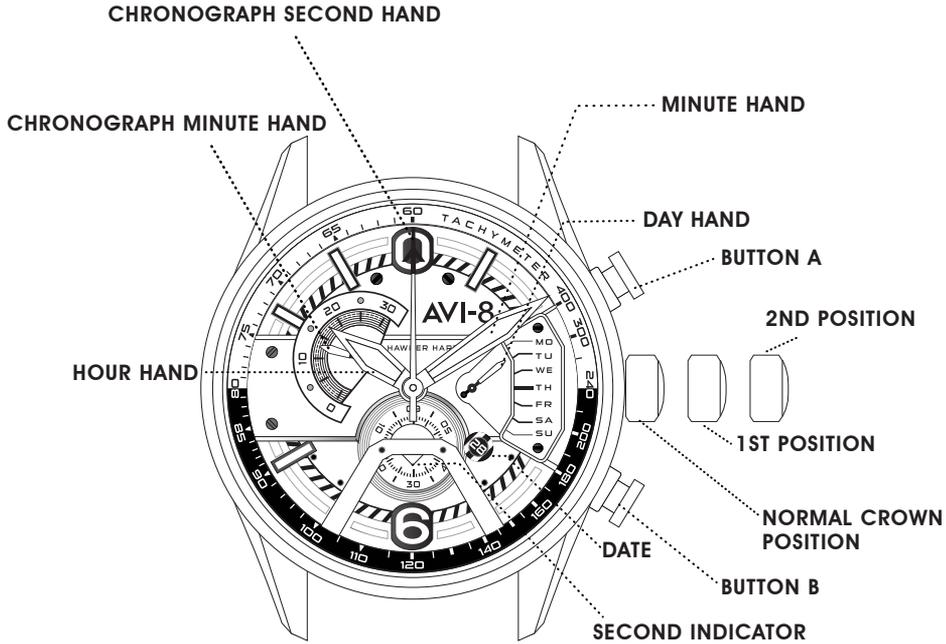
1. Pull the crown out to the 2nd Click Position so that the second hand stops at (0) position.
2. Turn the crown clockwise to set hour and minute hands.
3. After the time has been set, push the crown back to the Normal position.

SETTING THE DATE

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

SETTING THE DAY

1. Pull the crown to the 1st Click Position.
2. Turn the crown anti-clockwise to set the day.
* If the day is set between the hours of around 11:00 PM and 3:00 AM, the day may not change on the following day.
3. After the day has been set, push the crown back to the Normal Position.

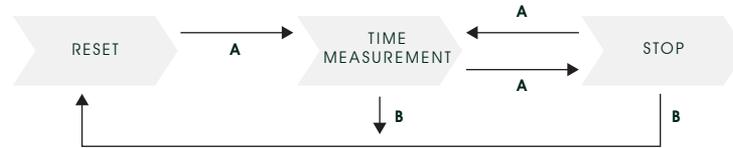
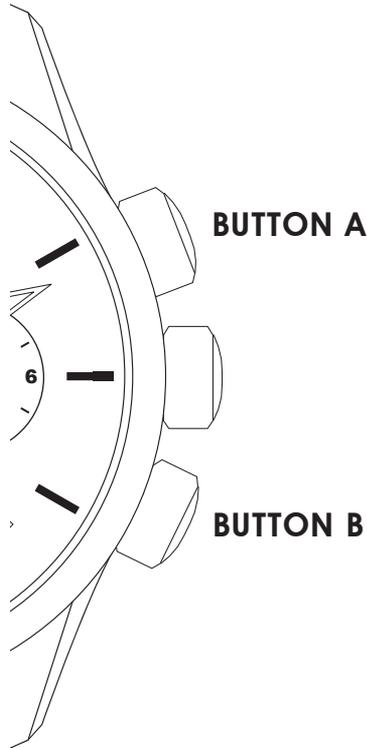


HOW TO USE CHRONOGRAPH

This chronograph is able to measure and display time in 1/1 second united up to maximum of 30 minutes.

Measuring time with the chronograph

1. Press button "A" to start the chronograph.
2. The chronograph can be started and stopped each time button "A" is pressed.
3. Press button "B" to reset the chronograph and chronograph minute and second hands return to their Zero positions.



Chronograph Reset (included after replacing battery)

This procedure should be performed when the chronograph second hand does not return to the Zero position after the chronograph has been reset, and including after the battery has been replaced.

1. Pull the crown out to the 2nd Click Position.
2. Press the button "A" once to set the chronograph second hand to the Zero position.
* The chronograph hands can be advanced rapidly by continuously pressing button "A".
3. Once the hands been set at Zero position, reset the time and return the crown to its normal position.
* Do not return crown to normal position while chronograph second hand returns to 12:00 (ZERO) position.
Hand stops on the way when crown is returned to normal position and these positions are recognized as 12:00 (ZERO) position.