
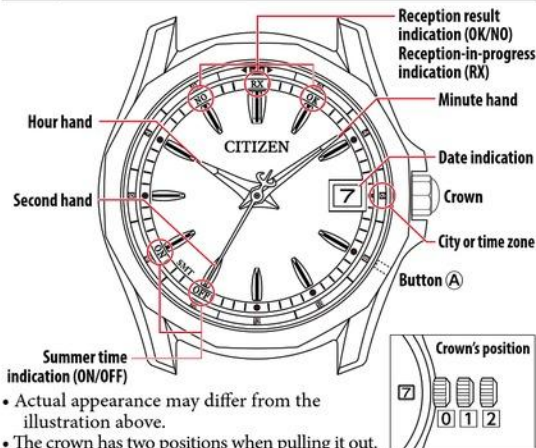


H24* Abbreviated instruction

- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:  H24* instruction manual

Component identification



- Actual appearance may differ from the illustration above.
- The crown has two positions when pulling it out.

Checking the current power reserve

1. Push the crown in to position **0**.

2. Press and release the lower right button **A**.

The movement of the second hand indicates power reserve amount.

Pointing "OK" or "NO"	Power reserve is sufficient.
Pointing "OK" or "NO" after moving counterclockwise	Charge immediately. Charge sufficiently.

- It has no relationship with power reserve that which the second hand points, "OK" or "NO".
- ### 3. Press and release the lower right button **A** to finish the procedure.
- The indication returns to current time.
- It returns to current time indication automatically in about 10 seconds without pressing the button.

Checking the signal reception result

This watch automatically receives the time signal every night.

1. Push the crown in to position **0**.

2. Press and release the lower right button **A**.

The second hand moves to indicate the result of the last reception.

Indication	Reception result
OK	The reception succeeded.
NO	The reception failed.

- Try signal reception following the steps in "Receiving the signal manually (on-demand reception)" if the last reception failed.
- Even when this watch receives the signal successfully, the accuracy of the displayed time will be dependent on the reception environment and internal processing.

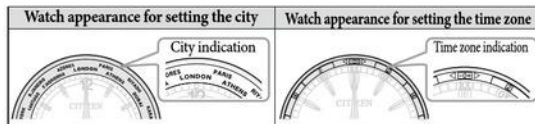
3. Press and release the lower right button **A** to finish the procedure.

The indication returns to current time.

- It returns to current time indication automatically in about 10 seconds without pressing the button.

Checking the world time

- The city or time zone setting controls the target station from which the watch tries to receive signals. Check the city or time zone setting.
- It depends on models which must be set on the watch, the city or time zone. Set the world time referring to "Setting the city" or "Setting the time zone".



Setting the city

1. Pull the crown out to position **1**.

The second hand moves to point the city currently set.

2. Rotate the crown to select a city.

- Choose a city from "Table of the city names" below.
- Each time you change the city, the time and date of the selected city is shown.

3. Push the crown in to position **0** to finish the procedure.

The indication returns to current time.

Table of the city names

Indication	City name and second hands position	Time zone	Signal station
LON	*London	0 sec. 0	Germany
PAR	*Paris	3 sec. +1	
ATH	*Athens	5 sec. +2	Germany ◆
RUH	Riyadh	8 sec. +3	
DXB	Dubai	10 sec. +4	China ◆
KHI	Karachi	13 sec. +5	
DAC	Dhaka	15 sec. +6	China ◆
BKK	Bangkok	17 sec. +7	
BJS	Beijing	20 sec. +8	China
TYO	Tokyo	22 sec. +9	Japan
SYD	Sydney	25 sec. +10	Japan ◆
NOU	Noumea	27 sec. +11	
AKL	Auckland	30 sec. +12	USA ◆
MDY	Midway	33 sec. -11	
HNL	Honolulu	35 sec. -10	USA ◆
ANC	**Anchorage	38 sec. -9	
LAX	**Los Angeles	40 sec. -8	USA
DEN	**Denver	43 sec. -7	
CHI	**Chicago	45 sec. -6	USA ◆
NYC	**New York	47 sec. -5	
SCL	Santiago	50 sec. -4	USA ◆
RIO	Rio de Janeiro	52 sec. -3	
FEN	Fernando de Noronha	55 sec. -2	Germany ◆
PDL	*Azores	57 sec. -1	

- For cities with * or **, indication of summer time and that of standard time are linked together.
- The time zone in the table is based on UTC (Coordinated Universal Time).
- When using the watch in an area not listed in the table, choose and set the city of the same time zone.
- Countries or regions may change time zones for various reasons.
- Cities with ◆ mark are out of receivable range and signals cannot be received. (The watch tries to receive signals from the target signal station though.)
- It may be difficult to receive signals in certain environment where it is hard for signals to reach.

Setting the time zone

A time zone can be set within the range of -11 hours to +12 hours (standard time) based on UTC (Coordinated Universal Time) in 1 hour increment.

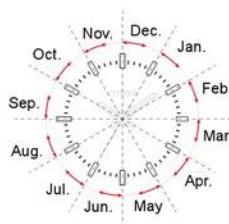
1. Pull the crown out to position [1].

The second hand indicates the current time zone setting.

2. Rotate the crown to choose a time zone.

3. Push the crown in to position [0] to finish the procedure.

- Set the time zone before setting summer time. (See "Setting summer time")

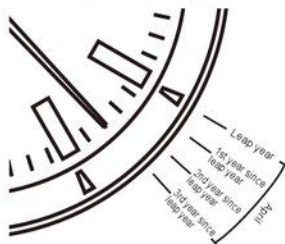


- The year corresponds to the years since leap year and is indicated with the position of the second hand.

EX.: to set to April 2015

April → 4 o'clock area

2015 → 3rd year since leap year



Receiving the signal manually (on-demand reception)

It takes 2-15 minutes to finish reception.

1. Push the crown in to position [0].

2. Press and hold the lower right button (A) for 2 seconds or more.

The second hand points "RX" and signal reception starts. The second hand returns to normal movement after finishing reception.

Reception was successful: The corrected time is indicated.

Reception failed: The time is not corrected and the previously set time resumes.

- Press and hold button (A) for 2 seconds or more to cancel reception.

Setting summer time

In regions utilizing summer time, the time signal includes summer time check signal.

1. Pull the crown out to position [2].

2. Rotate the crown to change the summer time setting.

Indication	Meaning
ON	Summer time is indicated. The watch automatically switches between standard time and summer time depending whether the summer time check signal is contained or not in the signal received.
OFF	The standard time is indicated. The standard time is kept indicated even when the summer time check signal is received.

3. Push the crown in to position [0] to finish the procedure.

8. Push the crown in to position [0] in accordance with a reliable time source.

Adjusting the time and calendar manually

The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

1. Pull the crown out to position [2].

2. Press and release the lower right button (A).

The second hand points to 0 second.

3. Rotate the crown to adjust the minute.

- When you rotate the crown quickly, the minute hand will move continuously.

To stop the rapid movement, rotate the crown.

4. Press and release the lower right button (A).

The hour hand becomes adjustable.

5. Rotate the crown to adjust the hour and date indication.

- The hour hand and date indication move synchronously.
- Change of date indication shows it just became AM. Take care the time set is AM or PM.
- When you rotate the crown quickly, the hour hand will move continuously.

To stop the rapid movement, rotate the crown.

6. Press and release the lower right button (A).

The second hand indicates the year and month currently set.

7. Rotate the crown to adjust the year and month.

The month is indicated by the hour area.

Checking the reference position

- 1. Pull the crown out to position [1].**
- 2. Press and hold the lower right button (A) for 5 seconds or more.**
The hands and date indication move to the current reference positions stored in memory.
 - No operations are available while the hands and date indication are moving.
 - **Correct reference positions:**
All hands: 12 o'clock position
Date indication: midway between "31" and "1"
 When the current reference position is different from the correct one, adjust the position following the steps of "Correcting the reference position".
- 3. Push the crown in to position [0] to finish the procedure.**
The hands returns to time indication.



Correcting the reference position

- 1. Pull the crown out to position [1].**
- 2. Press and hold the lower right button (A) for 5 seconds or more.**
The hands and date indication move to the current reference positions stored in memory.
- 3. Pull the crown out to position [2].**
The hour hand moves slightly.
- 4. Rotate the crown to adjust the hour hand to the 12 o'clock position and the date indication to the halfway between "31" and "1".**
 - The hour hand and date indication move synchronously.
 - When you rotate the crown quickly, the hand will move continuously. To stop the rapid movement, rotate the crown.
- 5. Press and release the lower right button (A).**
The minute and second hands move.
 - They may show no motions when their position is correct.
- 6. Rotate the crown to adjust the minute and second hands to the 12 o'clock.**
 - Rotation of the crown does not move the hands when their position is correct. Adjust the position of the hands manually when their position is not correct. Consult an authorized service center when the position cannot be corrected manually.
- 7. Push the crown in to position [0] to finish the procedure.**
The hands returns to time indication.

Resetting the watch — All Reset

- 1. Pull the crown out to position [2].**
- 2. Press and hold the lower right button (A) for 7 seconds or more.**
All Reset is completed as all the hands stop.
 - It may take up to about 6 minutes until all of them stop.

After All Reset

After All Reset, adjust the reference position.
Execute the city or time zone setting and receive signals manually (on-demand reception) to adjust the time and calendar after that.