

Component identification



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

Setting the time and calendar

Setting the day of week and time

1. Pull the crown out to position **2** when the second hand points **0** second.

The second hand stops.

2. Rotate the crown clockwise to set the day-of-week hand.

- The day-of-week hand moves forward by 1 day as the hour hand rotates twice.
- Adjusting the day-of-week hand by rotating the crown counterclockwise makes date changing delay by 1 day. Make sure to adjust the day-of-week hand by rotating the crown clockwise.
- The day-of-week indication starts to change at about 0:00 AM and finishes at about 5:30 AM.
- Set AM/PM before adjusting the time. Change of the day of week shows it just became AM.

3. Rotate the crown to set the time.

- Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.

4. Push the crown in to position **0** in accordance with a reliable time source.

The second hand starts moving.

Setting the date

- Do not adjust the time between 9:00 PM and 0:00 AM. Otherwise, the date indication may change incorrectly thereafter.
- Date indication adjustment is required on the first days of March, May, July, October and December.

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

2. Rotate the crown counterclockwise to set the date hand.

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

Setting the month

- Do not adjust the month while the date hand shows 26 - 31. Otherwise, the month hand may change incorrectly thereafter. Change the date hand to any other day than 26 - 31 before adjusting the month hand. Adjust the date hand again after finishing month indication hand.

1. Press and release the month adjustment button to adjust the month hand.

Setting the moon phase indication

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

2. Rotate the crown clockwise to set the moon phase.

- Refer to a newspaper or other source to see actual moon phase.
- Use the indicated moon phase only as a reference.
- Appearance of the indication may differ in some models.
- The moon phase can be set more accurately when it is new or full moon.

Moon phase	New moon	First quarter moon	Full moon	Last quarter moon
Lunar age	0	About 7	About 15	About 22
Tide	Spring tide	Neap tide	Spring tide	Neap tide
Indication				

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