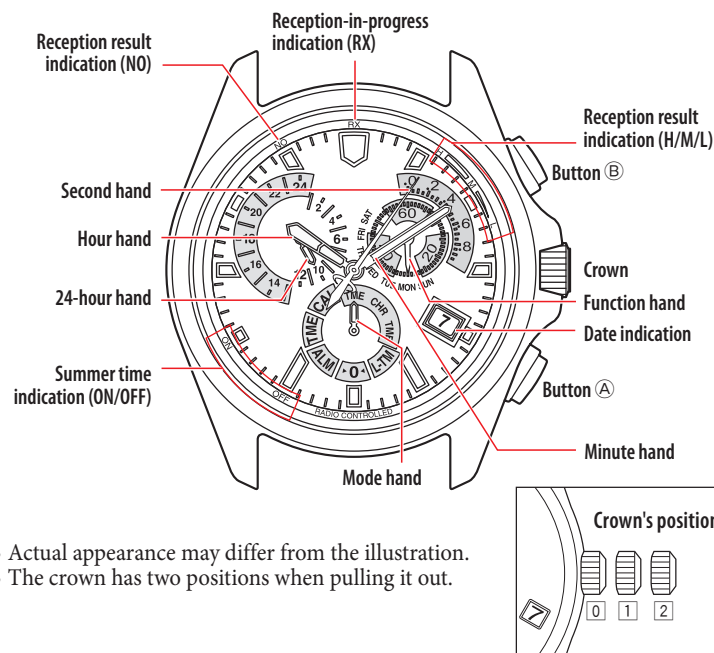


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual.

Component identification



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

Changing the mode

This watch features six different modes (functions): [TME] (time), [CAL] (calendar), [ALM] (alarm), [CHR] (chronograph), [L-TM] (local time) and [▶◀] (reference position adjustment).

- You can use any of three [TME] indications to make the mode [TME] (time).

1. Pull the crown out to position 1.

The second hand points to 30 seconds and stops.

2. Rotate the crown to change the mode.

The mode hand moves and the mode changes.

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

Checking the signal reception result

- This watch receives the time signal from the Japan station every day to adjust time automatically.

1. Pull the crown out to position 1.

2. Rotate the crown to change the mode to [TME] or [L-TM].

3. Push the crown in to position 0.

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

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

Indication	Reception result
H	The reception was successful in a very good condition.
M	The reception was successful in a good condition.
L	The reception was successful in a not-good condition.
NO	The reception failed.

- Try signal reception following the steps in [Receiving the signal manually \(on-demand reception\)](#) if the last reception failed.

5. 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.

Receiving the signal manually (on-demand reception)

- It takes 2-15 minutes to finish reception.

1. Pull the crown out to position 1.

2. Rotate the crown to change the mode to [TME] or [L-TM].

3. Push the crown in to position 0.

4. 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 beep sounds twice. The time will be updated.
Reception failed	The beep sounds once. The time is not corrected and the previously set time resumes.

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



Using the local time

You can set time difference from the time of [TME] in 1-hour increments to indicate the local time. You can apply summer time to the local time.

- The time difference is adjustable within a range of -20 hours - +3 hours from the time of [TME].

Checking the summer time setting

- Pull the crown out to position 1.**
- Rotate the crown to change the mode to [L-TM].**
Local time is indicated.
- Press and release the upper right button B.**
The second hand indicates the summer time setting ("ON" or "OFF") for about 10 seconds.
- Rotate the crown to change the mode to what you want.**
- Push the crown in to position 0 to finish the procedure.**

Setting the local time and summer time

- Pull the crown out to position 1.**
- Rotate the crown to change the mode to [L-TM].**
Local time currently set is indicated.
- Pull the crown out to position 2.**
The second hand indicates the summer time setting ("ON" or "OFF").
- Press and release the upper right button B to adjust the summer time setting.**
Each time you press the button, the beep sounds and the summer time setting changes alternately between "ON" and "OFF".
 - The hour hand moves forward by 1 hour when the setting is changed to "ON".
- Rotate the crown to adjust the local time.**
 - When you rotate the crown quickly, the hands will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - Check AM/PM referring to the 24-hour hand.
 - The adjustable range is -19 hours - +4 hours when the summer time setting is "ON".
- Push the crown in to position 0 to finish the procedure.**

Adjusting the time and calendar manually

Setting the time

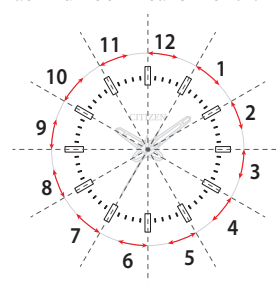
- Pull the crown out to position 1.**
- Rotate the crown to change the mode to [TME].**
- Pull the crown out to position 2.**
The second hand moves rapidly and returns to normal movement.
- Press and release the lower right button A or upper right button B.**
The second hand points 0 second.
- Rotate the crown to adjust the time.**
 - When you rotate the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - The hour, minute and 24-hour hands move synchronously.
 - Check AM/PM referring to the 24-hour hand.
- Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.**

Setting the calendar

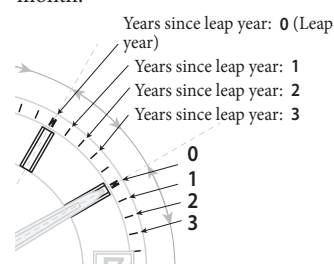
- Pull the crown out to position 1.**
- Rotate the crown to change the mode to [CAL].**
- Pull the crown out to position 2.**
The second hand indicates year and month currently set.
- Press and release the upper right button B repeatedly to change the indication to be corrected.**
 - Each time you press the button, the target changes as follows:
Year/month → date → day of week → (back to the top)
 - The function hand moves back and forth fully around when the date becomes adjustable.
 - The function hand moves back and forth half around and points the day of week when the day of week becomes adjustable.
- Rotate the crown to adjust indication.**
 - Year and month are indicated with the second hand.

"Month" corresponds to one of the 12 zones shown in the figure below.

Each number means month.



"Year" corresponds to the years since leap year and is indicated with markers in the zone of each month.



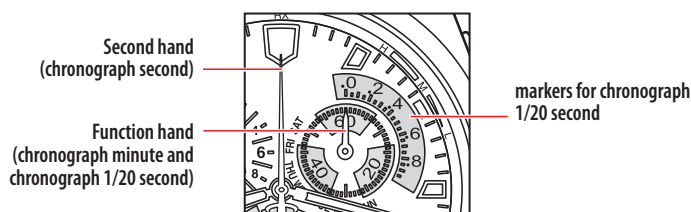
- Repeat steps 4 and 5.**
- Push the crown in to position 0 to finish the procedure.**



Using the chronograph

The watch can measure up to 60 minutes by 1/20 second.

- While measurement, the second hand shows chronograph second and the function hand shows chronograph minute and chronograph 1/20 second.
- Changing the mode while measurement resets chronograph.



1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [CHR].
3. Push the crown in to position 0.
4. Start measurement.

Start/stop: press button (B).

Reset: press and hold button (B) while measurement is stopped.

- The function hand shows chronograph 1/20 second by pressing and holding button (A) while measurement is stopped. Release the button to return to chronograph minute indication.

After measurement

Reset the chronograph and change the mode to [TME].

Using alarm

1. Pull the crown out to position 1.
 2. Rotate the crown to change the mode to [ALM].
 3. Pull the crown out to position 2.
- Hour, minute and 24-hour hands indicate the current alarm time setting and the second hand indicates the current alarm setting ("ON" or "OFF").
4. Rotate the crown to set the alarm time.
 - Check AM/PM of the alarm time referring to the 24-hour hand.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 5. Press and release the upper right button (B) to turn the alarm "ON".
 - Each time you press the button, confirmation sound is emitted and "ON" and "OFF" are switched.
 6. Push the crown in to position 1.
 7. Rotate the crown to change the mode to [TME], [CAL] or [L-TM].
 8. Push the crown in to position 0 to finish the procedure.
 - When the alarm time you set comes in the mode you chose, the watch emits sound for 15 seconds.
 - No alarm sound is emitted in any mode other than [TME], [CAL] and [L-TM].

To switch "ON" and "OFF" of alarm

Change the mode to [ALM] and press button (B).

To stop alarm

Press any button.

Checking the reference position

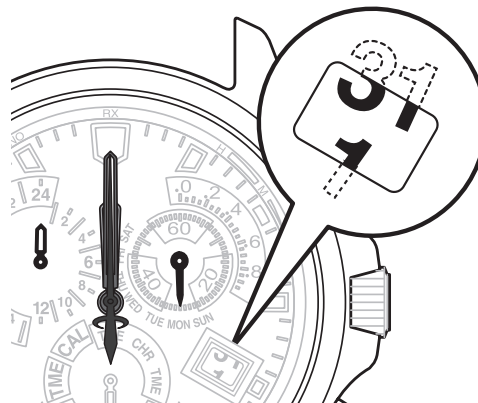
1. Pull the crown out to position 1.
2. Rotate the crown to change the mode to [►0◄].
3. Push the crown in to position 0.

The hands and indication start to move to the current reference positions stored in memory.

4. Check the reference position.

Correct reference positions:

- Hour, minute and second hands: 0 hour 00 minute 0 second
- 24-hour hand: 24
- Function hand: MON
- 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](#).

5. Pull the crown out to position 1.
6. Rotate the crown to change the mode to what you want.
7. Push the crown in to position 0 to finish the procedure.

Correcting the reference position

1. Pull the crown out to position 1.
 2. Rotate the crown to change the mode to [►0◄].
- The hands and indication start to move to the current reference positions stored in memory.
3. Pull the crown out to position 2.
- The second hand moves rapidly and stops to show the reference position becomes adjustable.
4. Press and release the upper right button (B) repeatedly to change the hand/indication to be corrected.
 - Each time you press the button, the target changes as follows:
Second hand → hour/minute/24-hour hand → function hand/date indication → (back to the top)
 5. Rotate the crown to adjust the hand/indication.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - Rotate the crown clockwise when adjusting the second hand. Rotating it counterclockwise does not move the hand.
 - Date indication changes to the next as the function hand rotates 5 times.
 6. Repeat steps 4 and 5.
 7. Push the crown in to position 0 to finish the procedure.

After correcting the reference position

After correcting the reference position, change the mode to [TME] and adjust the time and calendar manually or by receiving time signals manually (on-demand reception).

