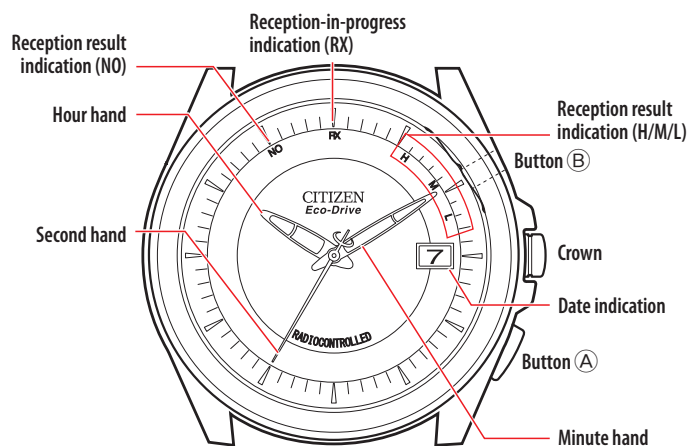
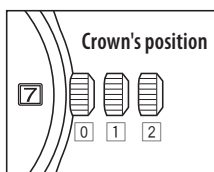


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  H11A/H110/H111/H113/H119 instruction manual

Component identification



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



Checking the signal reception result

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

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
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.

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.

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 time will be updated.
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.

Adjusting the time and calendar manually

Setting the time

1. Pull the crown out to position 2.

The second hand points 0 second.

2. Press and release the lower right button (A) repeatedly to change the hand to be corrected.

- Each time you press the button, the target switches between the minute hand and the hour hand.

3. Rotate the crown to adjust the hand.

- 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 hand and the date indication move synchronously.
- Change of date indication shows it just became AM. Take care the time set is AM or PM.

4. Repeat steps 2 and 3.

5. Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

Setting the calendar

1. Pull the crown out to position 1.

The second hand indicates year and month currently set.

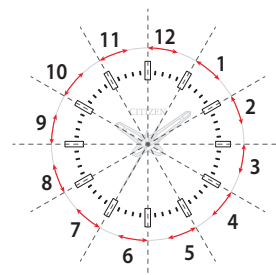
2. Press and release the lower right button (A) repeatedly to change the indication to be corrected.

- Each time you press the button, the target switches between the date indication and the year/month. The target moves slightly to show it is adjustable.

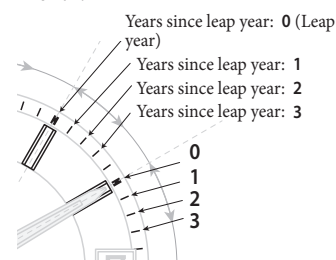
3. Rotate the crown to adjust indication.

- 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.



4. Repeat steps 2 and 3.

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



Setting the time difference

You can indicate time in a different time zone without adjusting time by setting time difference.

- You can set time difference in 1-hour increments in the range of ± 27 hours.

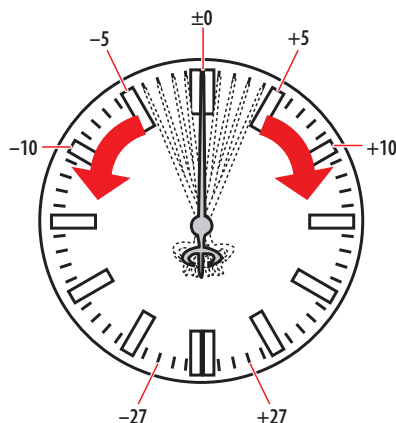
1. Push the crown in to position 0.

2. Press and release the upper right button (B).

The second hand shows the time difference currently set.

3. Rotate the crown to set the time difference.

- The hour hand moves 1 hour as the second hand moves 1 step.



4. Press and release the upper right button (B) to finish the procedure.

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

Checking the reference position

1. Push the crown in to position 0.

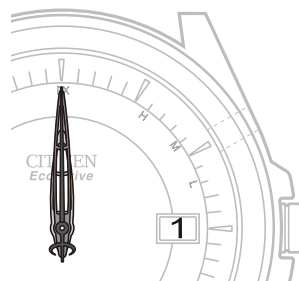
2. Press and hold the upper right button (B) for 5 seconds or more.

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

3. Check the reference position.

Correct reference positions:

- Hour, minute and second hands: 0 hour 00 minute 0 second
- Date indication: "1"



When the current reference position is different from the correct one, adjust the position following the steps of [Correcting the reference position](#).

4. Press and release the upper right button (B) to finish the procedure.

Correcting the reference position

1. Push the crown in to position 0.

2. Press and hold the upper right button (B) for 5 seconds or more.

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

- Release the button as the hands/indication start to move.

3. Pull the crown out to position 2 and wait until all the hands and indication stop.

4. Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.

- Each time you press the button, the target changes as follows:
Date indication → hour hand → minute/second hands → (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.
- The minute and second hands move synchronously.

6. Repeat steps 4 and 5.

7. Push the crown in to position 0.

8. Press and release the upper right button (B) to finish the procedure.

After correcting the reference position

After correcting the reference position, adjust the time and calendar manually or by receiving time signals manually (on-demand reception).