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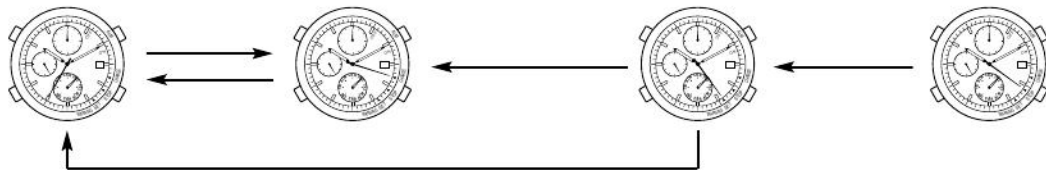


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## ■ NAMES OF PARTS

Please see the watch illustration at the beginning.

| Name             | Time mode   | Calendar mode          | Alarm mode  | Chronograph mode                                  |
|------------------|---|------------------------|---|---|
| ①: Mode hand     | Displays TME                                      | Displays CAL           | Displays ALM  | Displays CHR                                      |
| ②: Second hand   | Displays seconds                                  | Displays current month | Displays alarm ON/OFF                                   | Displays chronograph seconds                      |
| ③: Minute hand   | Displays minutes                                  |                        | Alarm minute hand                                       | Displays time minutes                             |
| ④: Hour hand     | Displays hours                                    |                        | Alarm hour hand   | Displays time hours                               |
| ⑤: 24-hour hand  | Synchronized with hour hand and displays 24-hours |                        | Synchronized with alarm hour hand and displays 24-hours | Synchronized with hour hand and displays 24-hours |
| ⑥: Function hand | Always "0" (12 o'clock) position                  |                        |   | Displays chronograph's 1/20 seconds or minutes    |
| ⑦: Calendar      | Displays current date                             |                        |   |   |


| Name     | Time mode                         | Calendar mode                                 | Alarm mode                        | Chronograph mode  |
|----------|-----------------------------------|---|-----------------------------------|---|
| Ⓜ button | Mode change<br>Time adjustment    | Mode change<br>Calendar adjustment            | Mode change<br>Time adjustment    | Mode change   |
| Ⓐ button | Not used                          | Month correction<br>in clockwise<br>direction | Switches alarm<br>ON and OFF      | Chronograph<br>start/stop                                   |
| Ⓑ button | Adjusts time<br>clockwise         | Date correction                               | Adjusts time<br>clockwise         | Reading the<br>chronograph<br>measurement<br>in 1/20 second |
| Ⓒ button | Adjusts time<br>counter-clockwise | Not used                                      | Adjusts time<br>counter-clockwise | Chronograph<br>split/reset                                  |

- ⑧: If the second hand moves to ▲ CHARGE position, this shows that the Insufficient Charge Warning function is operating.
- ⑨: If the second hand moves to ▲ STOP position, this shows that the Stop Warning Function is operating.
- ⑩: If the second hand moves to ▲ SET position, this shows that the Time Setting Warning function is operating.

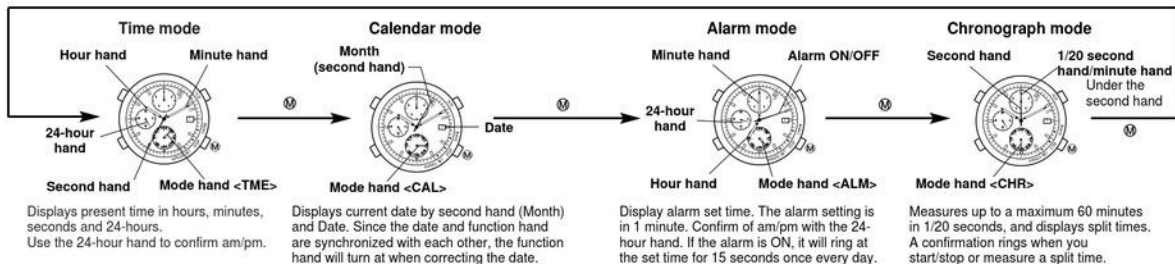


## ■ CHANGING THE MODES

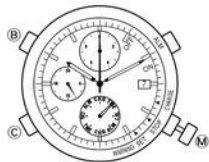
Other than the time display, this watch has alarm and chronograph main display functions.

Each press of the  button changes Time <TME> → Calendar <CAL> → Alarm <ALM> → Chronograph <CHR>. Confirm the change with the mode hand.

After that it returns to the time <TME> display.



## ■ SETTING THE TIME



Check that the mode hand is indicating <TME> and the watch is in time mode.

1. Pull the button **M** out, so that the second hand stops at the "0" position. When the watch is adjusted by button operation, the time setting is completed by electromagnetic correction. Time setting synchronizes the minute hand → hour hand → 24-hour hand. When adjusting the hour hand, check the 24-hour hand position (am/pm).

2. Set the time by pressing button **B** or button **C**.  
Each time button **B** is pressed .... The watch advances 1 minute in a clockwise direction.

Each time button **C** is pressed .... The watch turns back 1 minute in a counterclockwise direction.

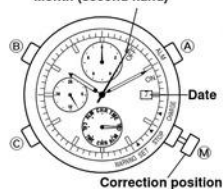
Depress button **B** or button **C** continuously, the hands move rapidly. Turn the hands in the direction that is closest to set the time.

3. After setting the time, push the button **M** to the normal position and the watch will start at the correct time.

## ■ SETTING THE CALENDAR

Press button **M** to switch to the calendar mode <CAL>.

**Month (second hand)**



1. Pull button **M** out.
2. Press button **A** to correct the month number. Correction can be made by advancing by one month each time button **A** is pressed. The month number can be read directly from the normal hour positions. (Example: 3:00 → March, 1:00 → January) Correction can be made rapidly by holding button **A** down.

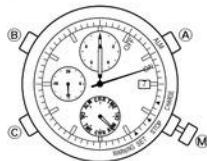
3. Press button **B** to correct the date. Correction can be made by advancing one day each time button **B** is pressed. The date advances one day when the function hand makes four turns. Correction can be made rapidly by holding button **B** down.
4. Push button **M** in to the normal position.

- Since the date and function hand are synchronized with each other, the function hand will turn at when correcting the date.
- Date correction at the end of each month is not required. However, since February is set at 28 days, date correction must be performed for February only in leap years.

#### Leap year adjustment

1. Press button **M** to change the mode to <CAL>.
  2. Pull out button **M** by one click.
  3. Press button **C** for more than two seconds to set/cancel the leap year.
    - The leap year is set if button **C** is continuously pressed when March 1 is displayed.
    - The leap year is canceled if button **C** is continuously pressed when February 29 is displayed.
  4. Push button **M** back into normal position.
- Once the leap year is set, February 29 is displayed once in every four years.

## ■ USING THE ALARM



The alarm sounds once a day for 15 seconds at the alarm time set. Pressing any of buttons **A**, **B** or **C** stops the alarm ringing.

#### Setting the Alarm

Alarm setting is on a 24-hour system in 1 minute.

The hands are moved thus: minute hand → hour hand → 24-hour hand.

1. Press button **M** to set the mode hand to <ALM> and switch to the alarm mode.
2. Pull button **M** out, to the alarm set time adjusting state.
3. Press button **B** or **C** to set the minute, hour and 24-hour hands to the desired time.

- Each time button **(B)** is pressed.....The watch advances 1 minute in a clockwise direction.
- Each time button **(C)** is pressed.....The watch turns back 1 minute in a counterclockwise direction.
- Depress button **(B)** or button **(C)** continuously, the hands move rapidly.

#### Switching the Alarm ON and OFF

Each time button **(A)** is pressed in the alarm mode, the alarm switches ON and OFF.

#### Alarm Sound Monitor

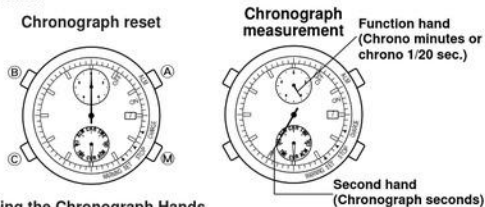
On the alarm mode (button **(M)** in normal position), pressing button **(A)** will sound the alarm for 5 seconds.

#### NOTE

- There may be some variation in the volume of the alarm sound, depending on how much the secondary battery is charged.
- The alarm sound volume gets rather lower in the displays other than the time display (calendar, alarm, chronograph, "0" position confirmation, and each display's adjustment state).  
Once the alarm time has been set, use the watch normally in time display mode.

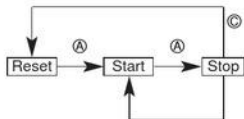
## ■ USING THE CHRONOGRAPH

Chronograph measurement is taken in 1/20 (0.05) seconds and can continue for 60 minutes max. Over 60 minutes, the watch enters the chronograph reset state.



#### Reading the Chronograph Hands

- Function hand → Chrono minutes or chrono 1/20 seconds.
  - \* The function hand moves every one minute. Pressing button **(B)** while in chrono stop or split display, switches the function hand to show chrono 1/20 seconds.
- Second hand → Chrono second hand.



Pressing button (A) to repeat the chronograph start and stop cycle.

### Chronograph Measurement

Chronograph standard or accumulated elapsed time measurement

1. Press button (M) to set the mode hand to <CHR> and get the chronograph display.  
At this time, the second hand and the function hand will return to the "0" position.
  - The hour, minute and 24-hour hands show the present time.

2. Each time button (A) is pressed, it repeatedly starts or stops the chronograph, along with a confirmation sound.

How to read each chronograph hand if the measured time when the chronograph is stopped is over 1 minute

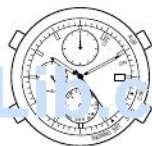
- ① Read the number of minutes with the function hand
- ② Read the number of seconds with the second hand

- ③ While pressing button (B) continuously, the function hand switches to 1/20 (0.05) second hand measurement, so read the value at that time. When button (B) is released, the function hand resumes showing chronograph minutes.
3. While the chronograph is stopped state, pressing button (C) resets the function hand and the second hand to the 0 position.





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## ■ CHECKING AND ADJUSTING EACH HAND'S "0" POSITION

The watch's display may go wrong due to the effect of static electricity, strong shock, etc.  
In such a case, check and adjust the "0" position of each of the following hands.

### "0" Position Checking



1. Press button **(M)** to set the mode hand at <CHR> position for chronograph function.
2. Pull out button **(M)** by one click and check to see if each of hour, minute, second, 24-hour and function hands quickly moves to "0" position (12 o'clock position) while date hand quickly moves to "1" position.  
If any hand returns wrong out of the correct position "0" or "1", the watch needs ["0" position adjustment].

### "0" Position Adjustment



1. For adjusting second hand to "0" position:
    - Press button **(A)**.
  2. For adjusting hour, minute and 24-hour hands to "0" position:
    - Press button **(C)**.
  3. For adjusting date and function hand to position "1" and "0" respectively:
    - Press button **(B)**.
    - "0" position for function hand is equivalent to the 12 o'clock position just after date has been set at "1" position.
  4. When "0" position adjustment is complete, push button **(M)** into the original position.
    - With four turns of function hand, date indication is adjusted by a day.
    - If button **(A)**, **(C)** or **(B)** is continuously pressed, the hand corresponding to the button moves quickly.
- Make sure to reset time, calendar, alarm time correctly following "0" position adjustment.



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