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:

Abbreviated instruction

Component identification

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

Meaning of “±1-second yearly accuracy”

This watch keeps ±1-second yearly accuracy, that is, its time goes forward or backward within 1 second from correct time in a year. This means that the watch has much higher time accuracy than most popular quartz watches (±15-second monthly accuracy).

To keep time accuracy high

It is variation of temperature that the most influential element on time accuracy of quartz watches all through the everyday life.

To hold down the influence of variation of environmental temperature to minimum and keep ±1-second yearly accuracy, this watch executes correction against the variation every 1 minute.

However, the influence may go beyond capacity of correction and time difference may exceed 1 second when the watch is used in an extreme temperature environment or exposed to big change of temperature.

Please take care of the things below when you use a watch:
- Take care of conditions of use of the watch and variation of environmental temperature.
- Do not apply strong shock to the watch.
- Adjust the watch correctly.

In addition, periodical maintenance is recommended.

Precautions for comfortable use

Take care of the things below to keep the high time accuracy of this watch.
- Wear the watch about 12 hours a day.
- Keep stable temperature environment (+5°C (41°F) - +40°C (95°F)) both while wearing and while storing it.
- Charge the watch every day even if charging time is short not to make the insufficient charge warning function active.

Sufficient power reserve can be kept with 12-hour use if you expose the watch on your wrist to light consciously. Wear it as long as you can.

Setting the time zone

You can move the hour hand in the 1-hour increments to indicate a time of another place.

- Pulling the crown out to position 2 will stop the second and minute hands as well as the hour hand. Take care.

Setting the time

Before setting the time

This watch keeps small incorrectness coming up during time setting for a long time as going back or forward of the time on the watch.

Refer to the time information on the Internet to set time correctly.

Ex.: Timing when setting 00 seconds (step 3 of setting the time)

1. Pull the crown out to position 2 when the second hand points 0 second.
2. Rotate the crown to set the hour hand to the place you want.
3. Push the crown in to position 0.

When you could not set to just 00 seconds

The watch starts moving with ±1-second time accuracy.

The watch keeps the setting incorrectness and may appear to move with 1 second or more difference.