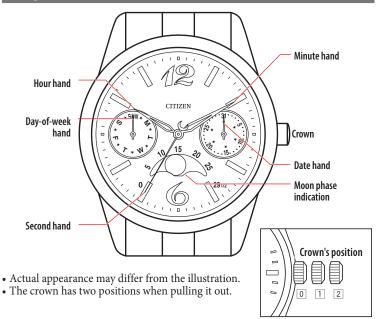
• To see details of charging time, specifications and operations, refer to the instruction manual: 7 6320 instruction manual

Component identification



Setting the time and the day of week

 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 time and the day-of-week hand.
 - Change of day-of-week indication shows it just became AM. Take care the time set is AM or PM.
- 3. Push the crown in to position o in accordance with a reliable time source.

Setting the date

- Do not adjust the date indication while the watch shows 9:00 PM 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 o to finish the procedure.

Setting the moon phase indication

- 1. Pull the crown out to position 1.
- 2. Rotate the crown clockwise to set the time.
 - 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 o to finish the procedure.