**Component identification**

- **Hour hand**
- **Minute hand**
- **Second hand**
- **Crown**
- **Date indication**
- **Button**

• Actual appearance may differ from the illustration.

**Setting the time**

1. **Pull the crown out to position 1**.
   The second hand points 0 second.

2. **Rotate the crown to set the time**.
   - The hour and minute hands move synchronously.
   - Change of date indication shows it just became AM. Take care the time set is AM or PM.
   - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

3. **Push the crown in to position 0** in accordance with a reliable time source to finish the procedure.
   The second hand starts moving.

**Setting the calendar**

The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

1. **Pull the crown out to position 1**.
   The second hand indicates “year” and “month”.

2. **Rotate the crown clockwise to set the year and month**.
   “Month” corresponds to one of the 12 zones shown in the figure below. Each number means month.

3. **Rotate the crown counterclockwise to set the date indication**.
   - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
   - The date indication changes to the first day of the next month after finishing setting if you set a non-existing day (ex.: Feb. 30).

4. **Push the crown in to position 0** to finish the procedure.
   The indication returns to current time.

**Setting the time difference**

You can set time difference to the time currently shown in 1-hour increments.
- You cannot set time difference if power reserve is insufficient.

1. **Push the crown in to position 0**.

2. **Press and release button A**.
   The second hand turns fully around.

3. **Rotate the crown to set time difference**.
   - Turn the crown clockwise to add hours; turn it counterclockwise to subtract them.
   - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
   - To turn back the time difference adjustment, move the hour hand opposite.
   - The adjustment status is automatically finished in 30 seconds after finishing operation.
Correcting the reference position

1. **Pull the crown out to position 2.**
The second hand moves to its current reference position.

2. **Press and hold button A for 2 seconds or more.**
The hands move and all reset is executed.

3. **After the hands stop, turn the crown to set the hour and minute hands to the 12 o’clock position.**
   - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

4. **Pull the crown out to position 1.**

5. **Rotate the crown clockwise to set the second hand to 0 second.**
   - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

6. **Rotate the crown counterclockwise to set the date indication to “1”.**
   - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

7. **Push the crown in to position 0 to finish the procedure.**
The second hand starts the irregular 2-second interval movement after about 1 second. Set the time and calendar referring to **Setting the time** and **Setting the calendar**.

Correct reference positions:
- All hands: 0 hour 00 minute 0 second
- Date indication: “1”