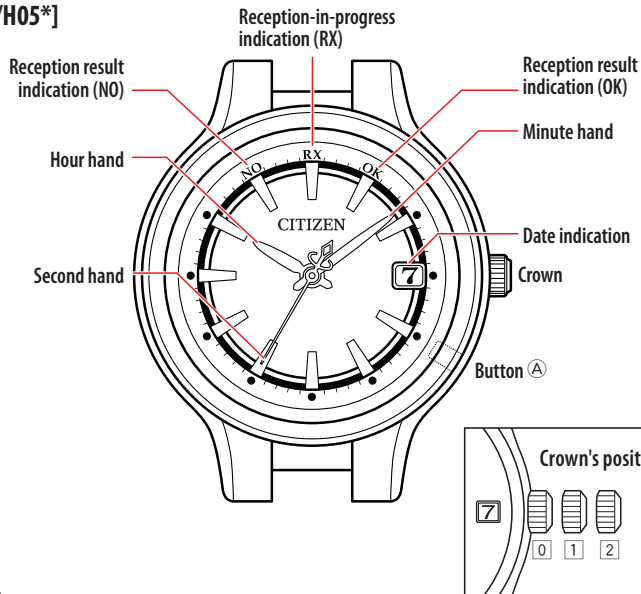


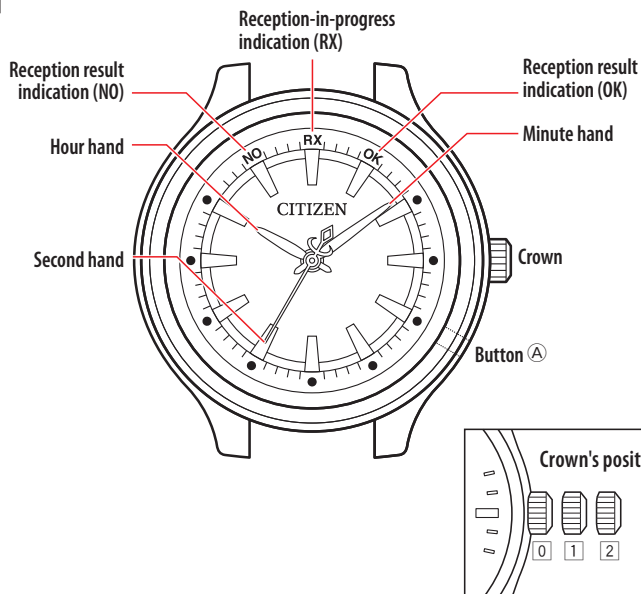
- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual.

Component identification

[H01*/H05*]



[H03*]



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

Checking the power reserve

1. Push the crown in to position 0.

2. Press and release the lower right button (A).

The second hand moves to indicate the power reserve.

Second hand movement	Power reserve status
Pointing "OK" or "NO" after moving clockwise	Power reserve is sufficient.
Pointing "OK" or "NO" after moving counterclockwise	Charge immediately

- "OK" and "NO" indicate the time signal reception result. They have no relation to the charge level.

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.

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
OK	The reception was successful.
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) until the hands start moving rapidly to cancel reception.



Adjusting the time and calendar manually

[H01*/H05*]

1. Pull the crown out to position 2.

The second hand points 30 seconds.

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

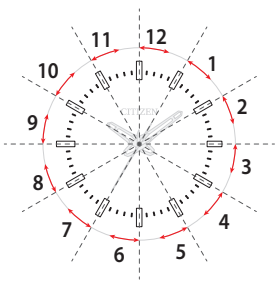
The second hand points 0 second.

- Each time you press the button, the target changes as follows:
Minute → hour/date → year/month → (back to the top)

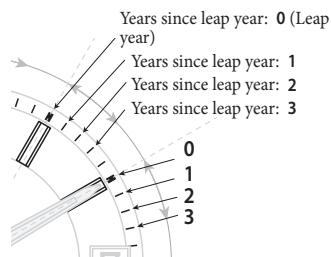
3. Rotate the crown to adjust the hand/indication.

- 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 hour hand and date indication move synchronously.
- Change of date indication shows it just became AM. Take care the time set is AM or PM.
- 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 in accordance with a reliable time source to finish the procedure.

[H03*]

1. Pull the crown out to position 2.

The second hand points 30 seconds.

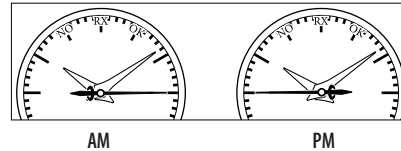
2. Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.

The second hand points 0 second.

- 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.
- When adjusting the hour hand, the second hand indicates whether the time currently shown is AM or PM. The hand points 15 seconds when it is AM, 45 seconds when PM. 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 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. Pull the crown out to position 1.

The second hand shows the time difference currently set.

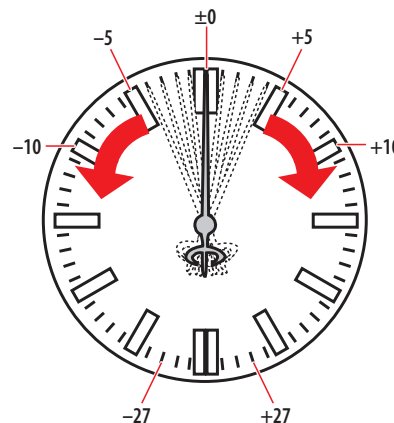
- Proceed to step 3 when using H01*.

2. Press and release the lower right button (A)

The second hand moves slightly to show time difference becomes adjustable.

3. Rotate the crown to set the time difference.

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



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

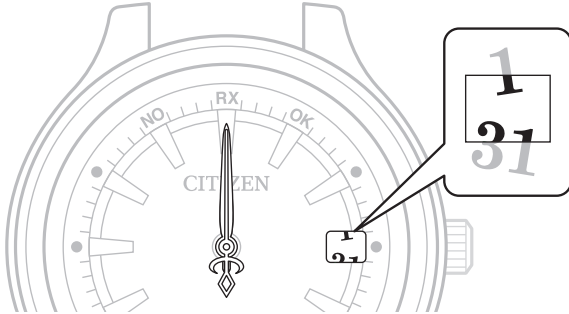


Checking the reference position

1. Push the crown in to position **0**.
2. Press and hold the lower right button **(A)** for 7 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 (H01* and H05*): midway between “31” and “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 lower right button **(A)** to finish the procedure.
 - It returns to current time indication automatically in about 2 minutes without pressing the button.

Correcting the reference position

1. Push the crown in to position **0**.
2. Press and hold the lower right button **(A)** for 7 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 and wait until all the hands and indication stop.
3. Pull the crown out to position **2**.
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 switches between the hour hand/date indication (except for H03*) and the minute/second hands.
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 hour hand and the date indication move synchronously.
 - The second and minute hands move synchronously.
6. Repeat steps 4 and 5.
7. Push the crown in to position **0**.
8. Press and release the lower right button **(A)** to finish the procedure.
 - It returns to current time indication automatically in about 2 minutes without pressing the button.

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).

