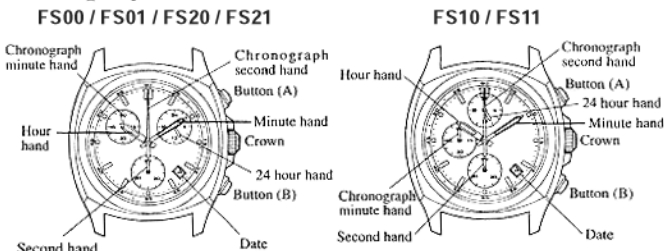


**1. Features**

This watch is an analog quartz watch equipped with features including a 24 hour display and chronograph function.

**2. Displays and Buttons**



\* The design varies depending on the model.

1. Pull the crown out to the time correction position when the second hand has reached the 0 seconds position.
2. Turn the crown to set the time.  
\* The 24 hour hand moves in conjunction with the hour hand. Pay attention to AM and PM when setting the time.
3. Securely return the crown to the normal position in synchronization with a telephone or other time service.

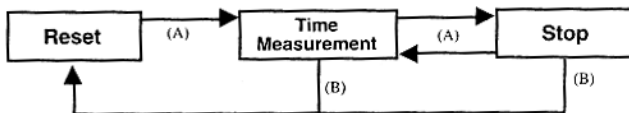
**[Hint for Accurately Setting the Time]**

After stopping the second hand at the 0 seconds position, turn the minute hand 4-5 minutes past the correct time and then turn it back to the correct time. The time on the watch can then be set to the correct time by pushing in the crown in synchronization with a time service tone.

1. Pull the crown out to the date correction position.
2. Turn the crown to the right to set the date.  
\* The crown turns freely and the date does not change if the crown is turned to the left.  
\* If the date is set while the time on the watch is between the hours of about 9:00 PM and 1:00 AM, the date may not change on the following day. If this happens, set the date after temporarily moving the hands to a time other than between the above times.  
\* The date is based on a 31-day calendar. The date must be changed from the last day of the month to the first day of the following month for those months not having 31 days (months having 30 days and February).
3. Once the date has finished being set, return the crown to the normal position.

**[Chronograph Timing]**

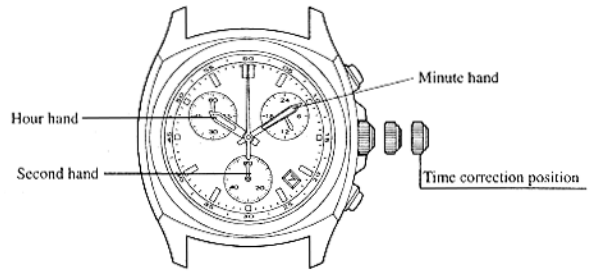
1. Start timing by pressing button (A).  
\* The chronograph is repeatedly started and stopped by pressing button (A).
2. Pressing button (B) resets the chronograph to 0 seconds.



**[Chronograph Hand Zero Positioning]**

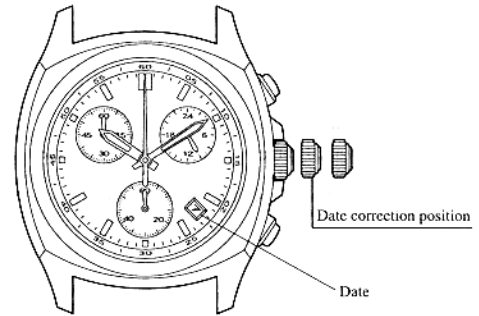
1. Pull the crown out to the time correction position.
2. Press button (A) to position the chronograph second at the 0 position.  
\* The chronograph second hand can be advanced rapidly by depressing button (A) continuously.
3. Once the chronograph second hand has been positioned at the 0 position, reset the time and return the crown to the normal position.
4. Press button (B) to check that each of the chronograph hands has been reset to the 0 position.

**3. Setting the Time**



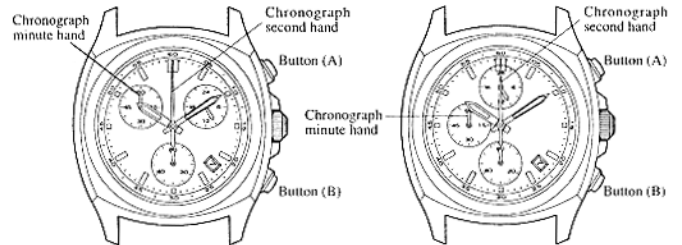
In the case the crown is of the screw-lock type, loosen the screw by turning the crown to the left before operating the crown, and after having returned the crown to the normal position following operation, turn the crown to the right while pushing it in to securely retighten it.

**4. Setting the Date**



**5. Using the Chronograph**

The chronograph function of this watch is able to measure and display elapsed time up to 59 minutes 59 seconds in 1 second units. After the chronograph displays elapsed time for 59 minutes 59 seconds, it resumes timing from 0 seconds. The chronograph minute hand continues to move until the chronograph is stopped by pressing button (A) even after 59 minutes 59 seconds have elapsed.



**6. Zero Positioning of Chronograph Hands (After Replacing the Battery)**

When resetting the chronograph after replacing the battery, if the chronograph second hand does not return to the 0 seconds position or if the chronograph second hand has shifted out of position due to a strong impact, perform zero positioning of the chronograph hands according to the procedure described below.

