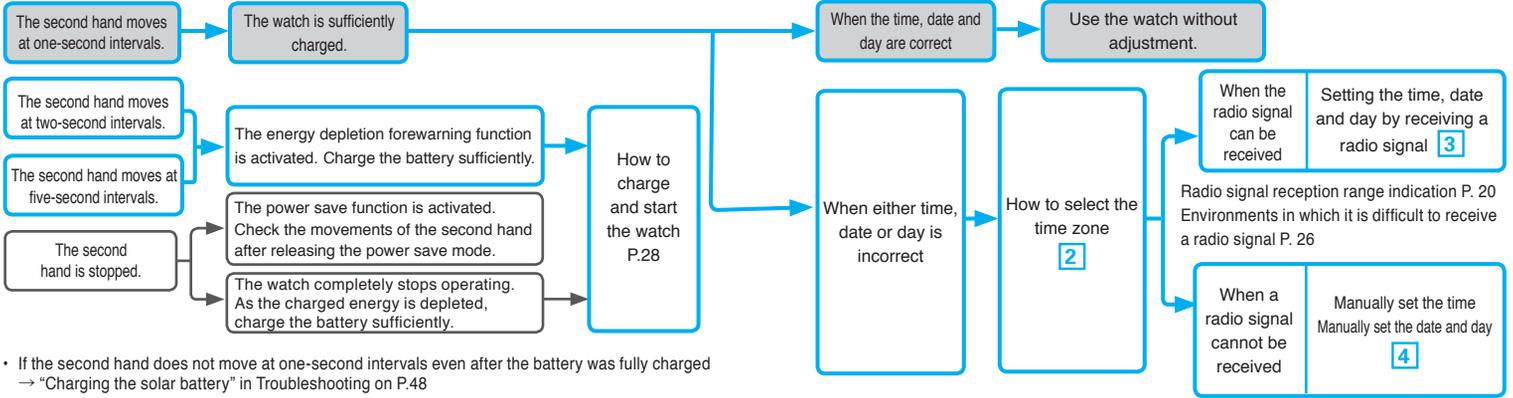


1 BEFORE USE

1. Checking the charging status

When the movement of the second hand shows an energy depletion state, the battery requires charging.

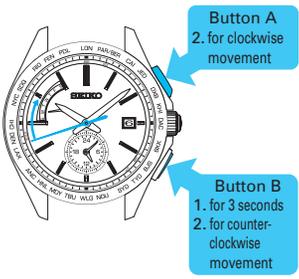


2. Checking the time, date and day

The hands of this watch cannot be moved by turning the crown. So when adjusting the time, date and day, refer to the following pages regarding the procedures.

2 HOW TO SELECT THE TIME ZONE (HOW TO DISPLAY THE LOCAL TIME AROUND THE WORLD)

If the watch is left untouched for 10 seconds after the second hand stops, the watch automatically returns to the TIME display mode. If this happens, restart the operation from procedure 1.



- Press and hold Button B (for 3 seconds) until the second hand stops.
 - The second hand starts to move and stops at the currently selected time zone.
- Within 10 seconds after carrying out the procedure 1., press Button A or B to set the second hand to point at the target time zone index.
 - With each pressing of the button, the second hand moves to the adjacent time zone index.

The radio signal transmitting station can be changed by selecting the time zone. When selecting a time zone for regions other than the reception ranges, the radio signal reception function will not work.

3. Wait for ten seconds after the hour and minute hands stop. (The time zone adjustment mode is complete.)

➤ The second hand starts to move. The watch automatically adjusts the date and day of the week as necessary.

When setting the daylight saving time (DST), add one hour to the time zone of a desired area.

New York

Set the second hand to the 48 second position.

London

Set the second hand to the 0 second position.

other time zones

→ TIME ZONE DISPLAY AND TIME DIFFERENCE TABLE P.13

3 HOW TO CONDUCT MANUAL RECEPTION (RECEIVING A RADIO SIGNAL MANUALLY)

- Put the watch down. Place the watch where it can easily receive radio signals.
- Press and hold Button A until the second hand moves to the 0-second position (for three seconds).



➤ After the second hand moves to the 0-second position and stops, the watch will start to receive radio signals.

Button A Press and hold for 3 seconds.

✳ If the time zone is set to a region other than U.S.A., Germany, U.K., China and Japan, the second hand will not move to the 0-second position. (The manual reception function will not work.) Check if the time zone is correctly set. Check the time zone setting.

- Leave the watch untouched for several minutes. Reception takes some time. (12 minutes at the longest and depends on the radio signal conditions.)
- When the second hand starts moving in one-second intervals, check if the signal reception was successfully conducted.

➤ When the second hand starts moving in one-second intervals, the reception is completed.

<Display before completing reception>
The second hand indicates the reception level. (Updated every minute)

Reception Level	High: (H)	Low: (L)
Display		
Radio signal condition	Easy to receive	Hard to receive

➤ HOW TO CHECK THE RECEPTION RESULTS P.23

<If the reception has failed>
The second hand indicates the reception result by pointing to N. P.24

Reception result: N

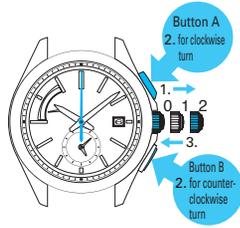
After five seconds, the watch returns to the TIME display mode.

4 HOW TO MANUALLY SET THE TIME (When a radio signal cannot be received)

- Pull out the crown to the second click.
 - The Second hand moves to point to the 0-second position and the watch enters the manual time setting mode.

- Press Button A or B to set the time.

One minute Advance	Press the button once and then release it.
Continuous Advance	When the button is kept pressed for two seconds or longer, the hand will start to move. Press the Button again to stop.



✳ Turning the crown will not move the hand.

- Push the crown back to normal position.
 - Operation has been completed. The watch resumes its normal movement.

HOW TO MANUALLY SET THE DATE

- Pull out the crown to the first click.
 - The second hand rotates until it points to the 30-second position and stops. Both the main watch and the sub dial continue to operate.



- Press and hold Button A (for 2 seconds) until the second hand moves to point to the 55-second position.
- Press and hold Button A (for 2 seconds) until the second hand moves to point to the 13-second position.
 - The watch enters the manual date setting mode.
- Press Button B to set the date.

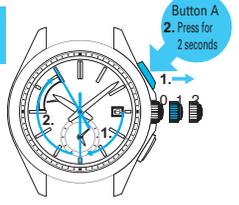
To advance one day	Press the button once and release.
To advance rapidly	Press and hold the button for longer than 2 seconds. Press the button once again to stop.



- Push the crown back to normal position.
 - The operation is now completed.

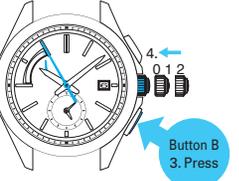
HOW TO MANUALLY SET THE DAY OF THE WEEK

- Pull out the crown to the first click.
 - The second hand rotates until it points to the 30-second position and stops. Both the main watch and the sub dial continue to operate.



- Press and hold Button A (for 2 seconds) until the second hand moves to point to the 55-second position.
 - The watch enters the manual day of the week setting mode.
- Press Button B to set the day of the week.

To advance one day	Press the button once and release.
To advance rapidly	Press and hold the button for longer than 2 seconds. Press the button once again to stop.



- Push the crown back to normal position.
 - The operation is now completed.