

Component identification



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

Setting the time and calendar

Setting the day of week and time

- 1. 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 day-of-week hand.**
 - The day-of-week hand moves forward by 1 day as the hour hand rotates twice.
 - Adjusting the day-of-week hand by rotating the crown counterclockwise makes date changing delay by 1 day. Make sure to adjust the day-of-week hand by rotating the crown clockwise.
 - The day-of-week indication starts to change at about 0:00 AM and finishes at about 5:30 AM.
 - Set AM/PM before adjusting the time. Change of the day of week shows it just became AM.
- 3. Rotate the crown to set the time.**
 - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
- 4. Push the crown in to position 0 in accordance with a reliable time source.**
The second hand starts moving.

Setting the date

- Do not adjust the time between 9:00 PM and 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 0 to finish the procedure.**

Setting the month

- Do not adjust the month while the date hand shows 26 - 31. Otherwise, the month hand may change incorrectly thereafter. Change the date hand to any other day than 26 - 31 before adjusting the month hand. Adjust the date hand again after finishing month indication hand.

- 1. Press and release the month adjustment button to adjust the month hand.**

Setting the moon phase indication

- 1. Pull the crown out to position 1.**
- 2. Rotate the crown clockwise to set the moon phase.**
 - 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 0 to finish the procedure.**