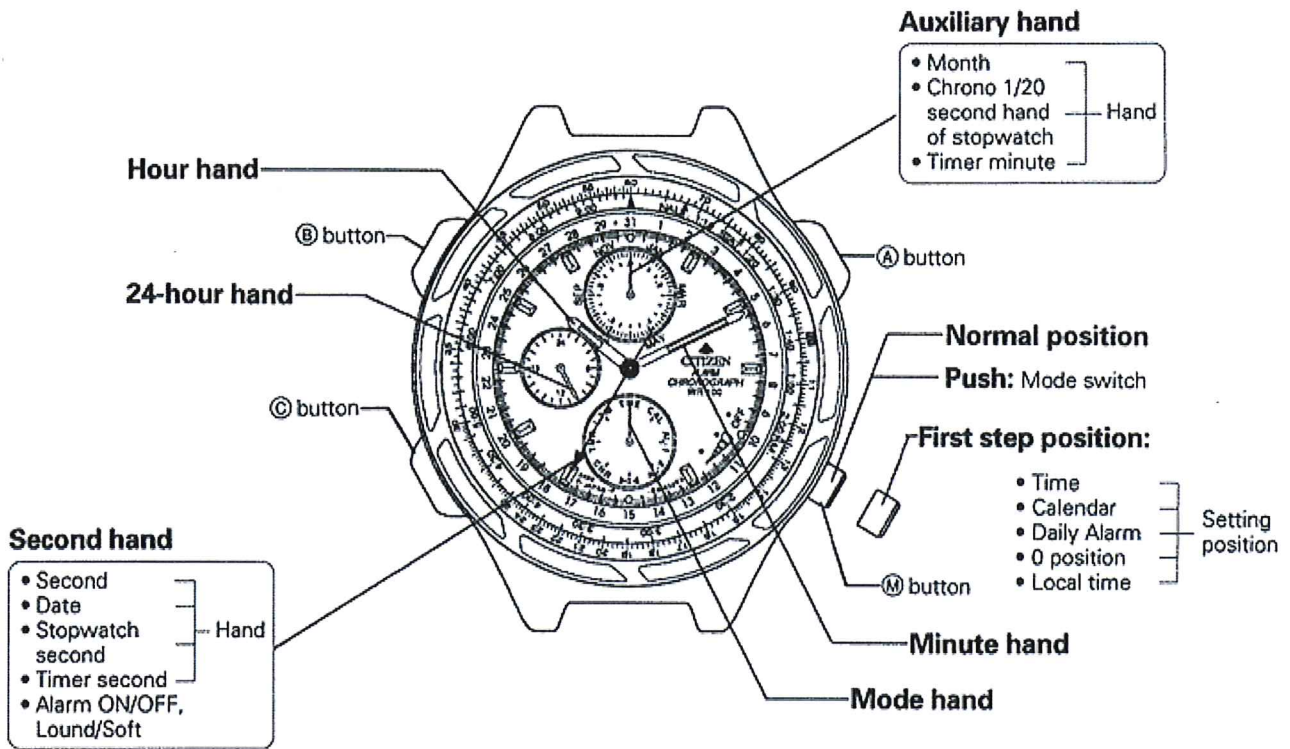




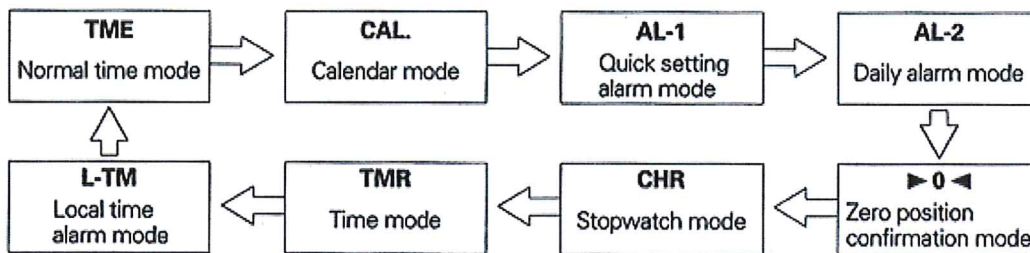
1 MAIN COMPONENTS



• ○ indicates functions of main watch hand.

2 MODE CHANGE-OVER

Push the (M) (lower right) button in the normal position to switch between modes as shown



Note:

Always check the mode hand to ensure the watch is set in the desired mode during use, since pressing the (M) (lower right) button unknowingly during operation may occur

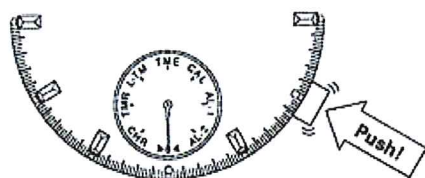




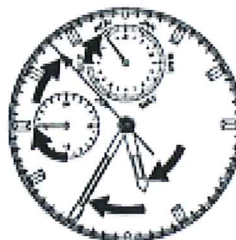
3. BEFORE USE

Before use, follow the procedures below to ensure that all watch components are in proper working order:

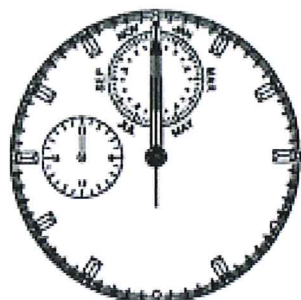
Confirm the Zero position setting:



To "0" mode
(Zero position confirmation mode)



- All hands, except the mode hand, move to the '0' position
- The 24-hour hand is synchronized with the hour/minute hands

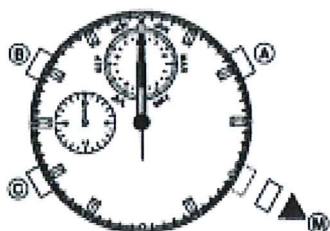


Each hand positioned as listed below confirms the '0' position setting is correct:

Hour Hand	0 hour
Minute Hand	0 Minutes
Second Hand	0 Seconds
24-Hour Hand	0 hour
Auxiliary Hand	0 minutes

If the watch hands are not positioned as above, follow the **Zero Position Setting** procedures to ensure proper use.

ZERO POSITION SETTING



1. Pull the (M) button out to the first step position
Push the (A) button to set the second hand to the 0 second position
Push the (B) button to set the Auxiliary feature hand to the 0 hour position
Push the (C) button to set the hour, minute and 24-hour hands to the 0 hour, 0 minute position
2. Be sure to push the (M) button in to its normal position. This completes the Zero Position Setting

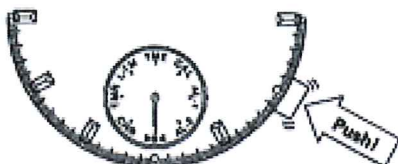
Press and hold down the (A), (B), or (C) buttons to activate the quick-advance feature
A strong shock may cause the hands to move





4. HOW TO SET AND OPERATE EACH MODE

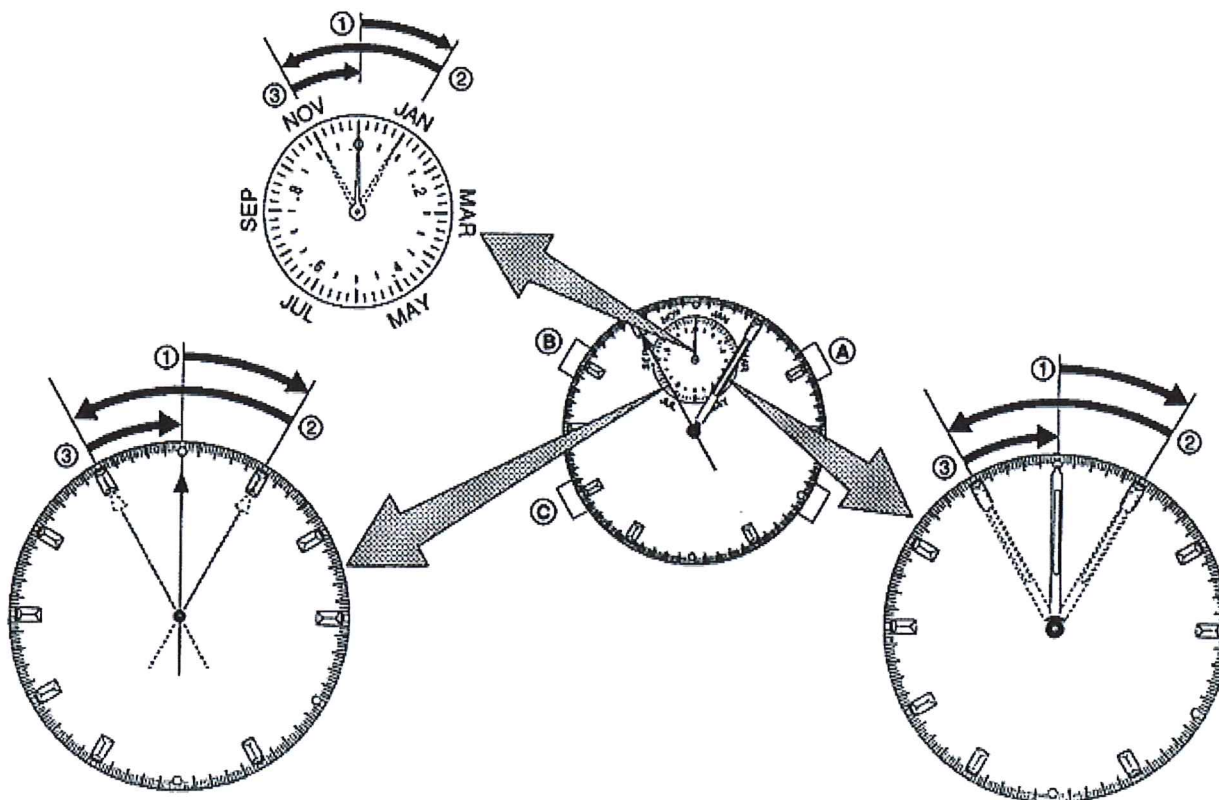
1. HAND MOVEMENT DEMONSTRATION



Pushing of the (A), (B) and (C) button at once will cause the second, minute and auxiliary feature hands to stop in the '0' position after moving through the following stages.

To "0" mode
(Zero position confirmation mode)

Minute Hand: (1)+5min ->(2) -10min -> (3) +5min
 Second Hand: (1)+5sec ->(2) -10sec -> (3) +5sec
 Aux. Hand. : (1)+5 ->(2) -10 -> (3) +5

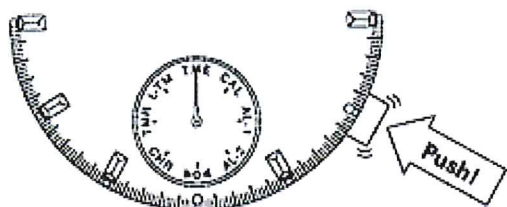




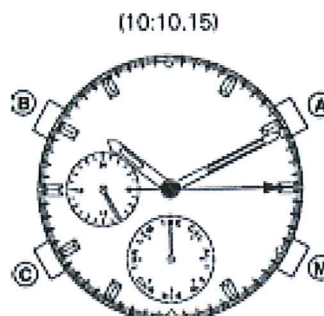
2. SETTING THE TIME

Changing the time from 10:10:15 to 19:20:00

<(M) button in the normal position>

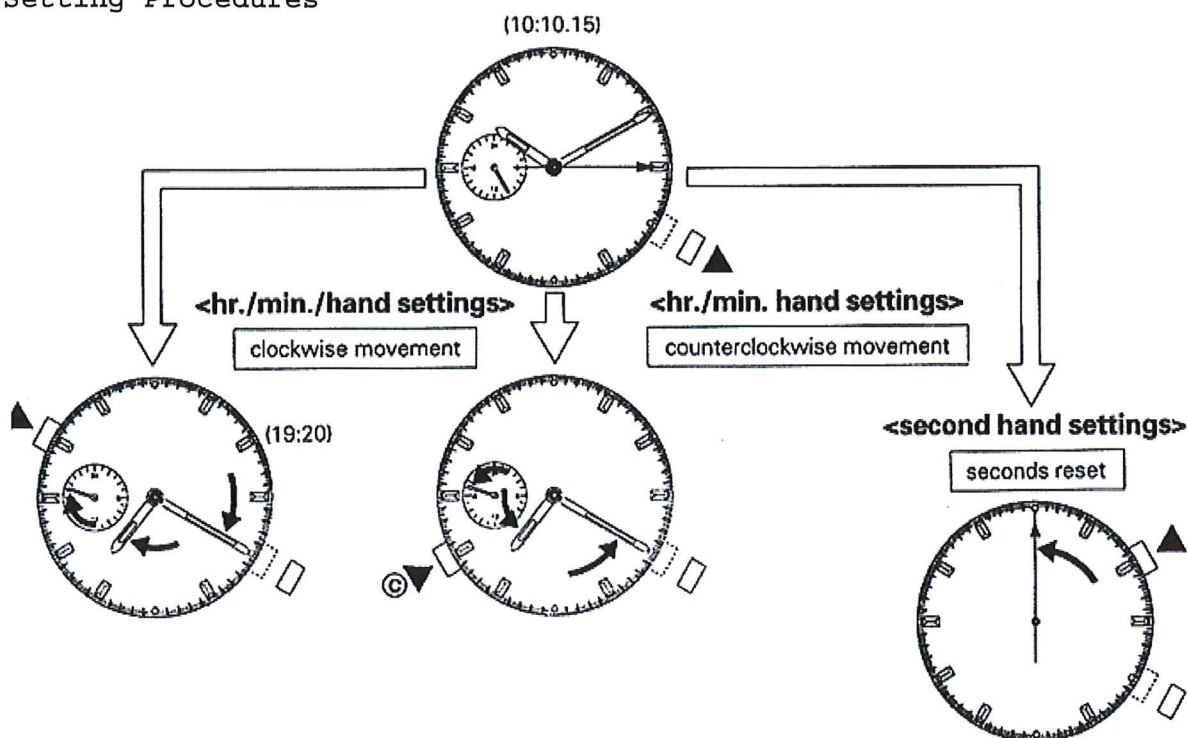


To "TME" mode
(Normal time mode)



- The hour/minute hand is based on the 12-hour clock system. Use the 24-hour hands as a reference under normal time setting procedures to determine morning or afternoon times

Setting Procedures



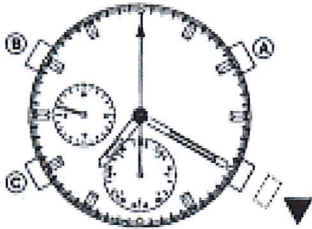
Resetting the second hand

- Pressing the (A) button while the second hand is between 0-29 seconds will not alter the minute hand position
- Pressing the (A) button while the second hand is between the 30-59 seconds position will advance the minute hand to the next full minute position





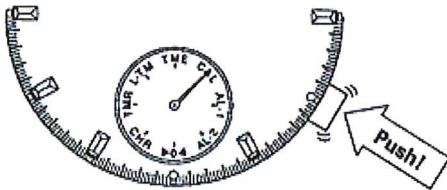
Push the (M) button in to the normal position



- ❖ Press and hold down either the (B) and (C) buttons to use the quick-advance feature
- ❖ Quick-advance function: Hand movement is about twice as fast after the first revolution. (clockwise movement only)
- ❖ The hour/minute/24-hour hands are synchronized

3. SETTING THE CALENDAR (CAL)

Changing the calendar from May 5 to Sept. 9.



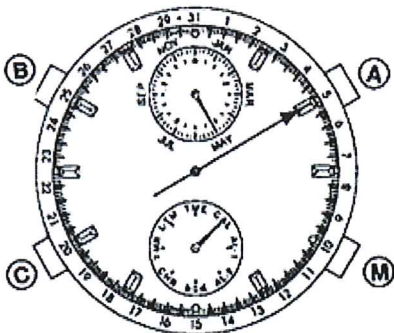
Automatic Calendar System

The calendar feature on this watch requires no adjustment at the end of the month. Adjustment for Feb 29 during a leap year

To "CAL" mode

<(M) button normal position)

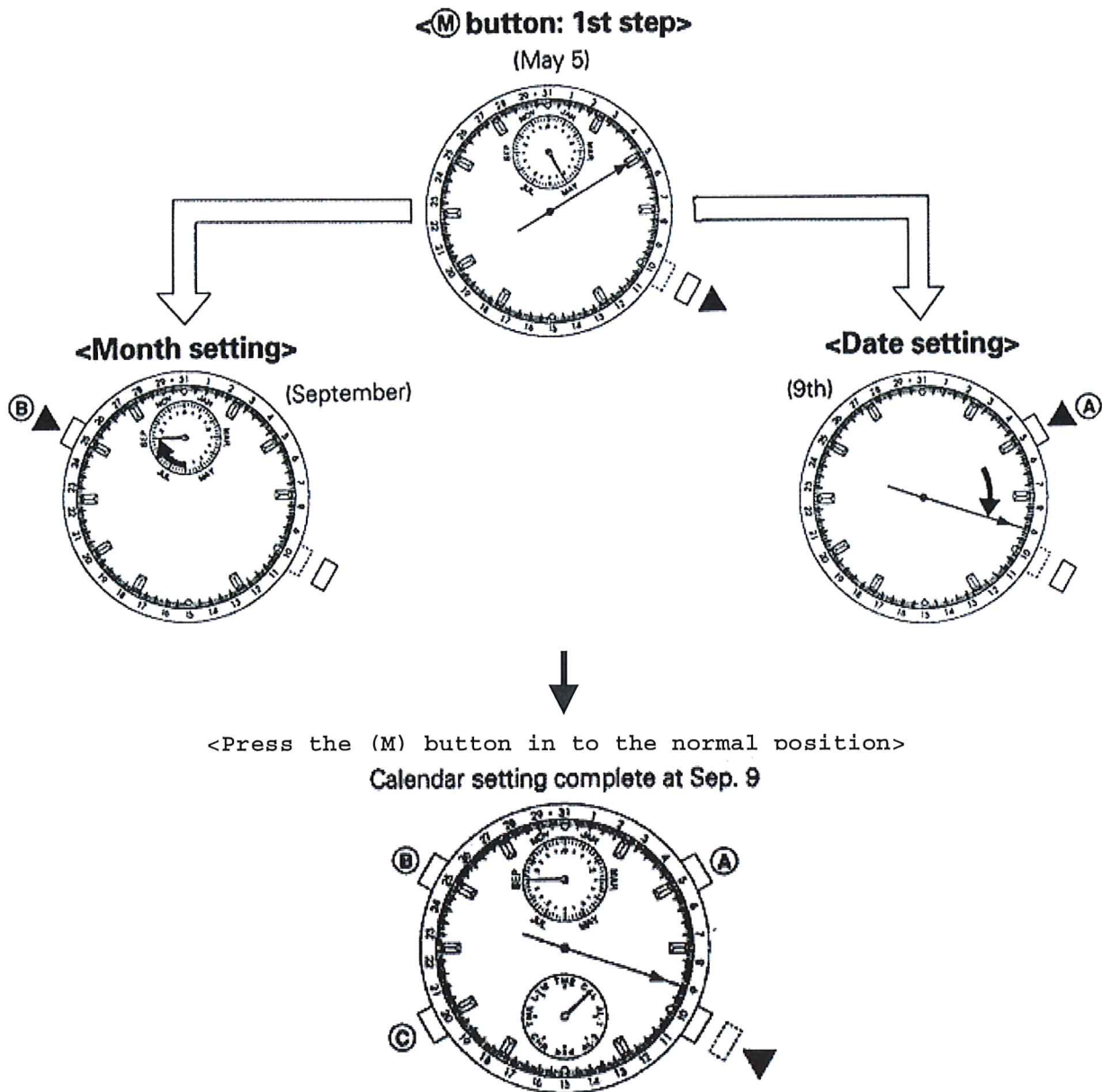
(May 5)





Setting Procedures

- ❖ Press and hold down either the (A) or (B) button for the quick-advance feature.
- ❖ The month and date must be independently set.



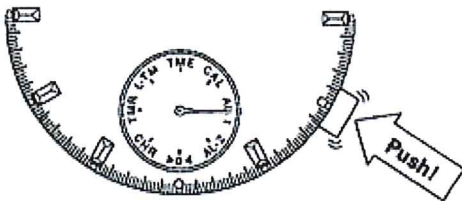
Automatic Calendar Correction System

When a non-existent date is entered, the watch will automatically set the date to the 1st of the following month when the (M) button is pushed in to the normal position.
Example: Feb 30 -> March 1st





4. SETTING THE QUICK-SET ALARM (AL-1)



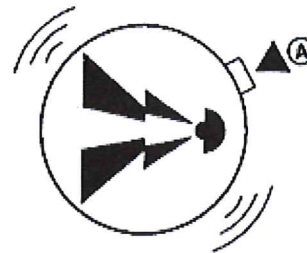
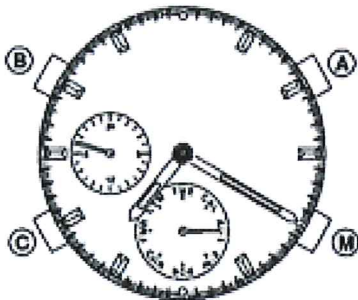
Quick-Set Alarm Function

When the alarm is OFF the hr./min./sec/24-hour hands display the current time. This feature allows the alarm to be easily set to the desired time within the 23 hour 59 minute maximum limit. Following one ring of the alarm (10 seconds) the alarm setting is automatically cleared from memory and the auxiliary time display returns to the current set time.

Alarm can be set in this position
(M) button in normal position

<Sound monitor>

(5 seconds)

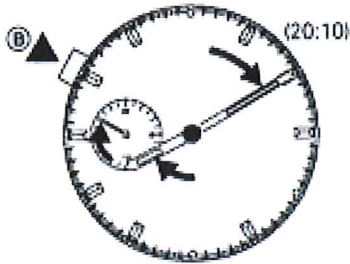




Setting Procedures

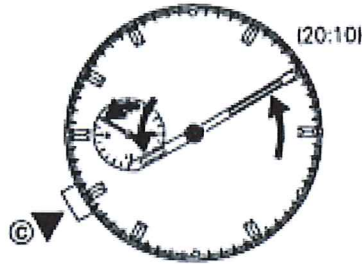
<hour/minute settings>

Clockwise



<hour/minute settings>

Counterclockwise



<Quick-set alarm auto ON function>



Alarm ON: second hand stops in the '0' position

Alarm OFF: Hr./min./sec./24-hour hands display the current time

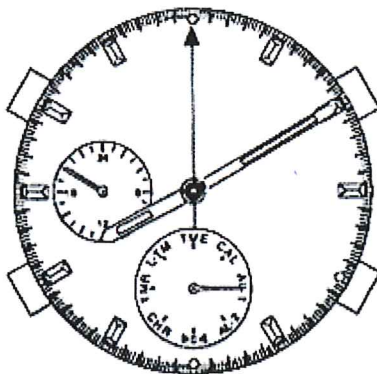
- ❖ Press and hold down either the (B) or (C) button for the quick-advance setting feature
- ❖ Quick-advance function: Hand movement is about twice as fast after the first revolution (clockwise movement only)
- ❖ The hour/minute/24-hour hands are synchronized

After adjusting the hour and minutes, the second hand returns to the '0' position and stops. **The alarm is now ON.**

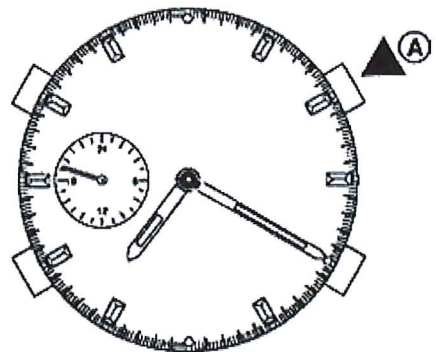


<Alarm quick-set is complete>

(20:10)



<Canceling the quick-set alarm>



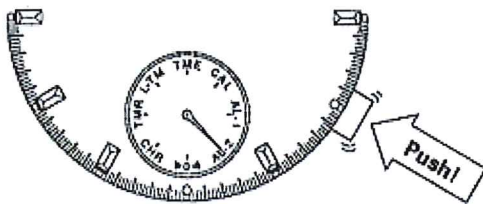
- Press the (A) button after setting the quick-set alarm and the hour/minute/second/24-hour hands will display the current time. **The quick-set alarm will be turned OFF>**





5. SETTING THE DAILY ALARM

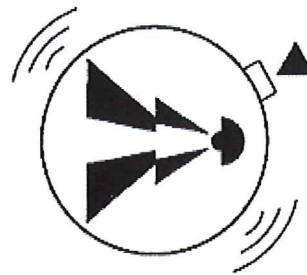
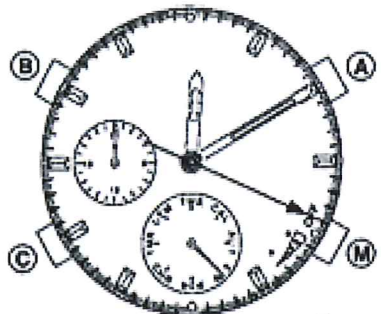
Setting the alarm to ring every day at 15:00 (3:00 pm)



- **Daily Alarm Function**
After the alarm time has been set once, the alarm will sound everyday at the same time for 15 seconds
- **Alarm Sound Switch**
The switch allows you to choose between 2 levels of sound (loud or soft) for the alarm

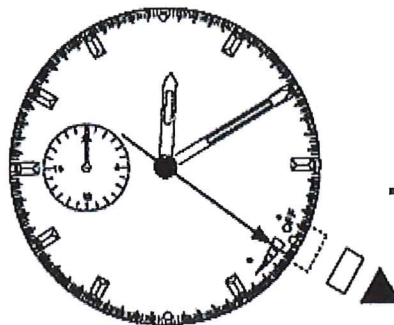
<(M) button normal position>

<Sound monitor>



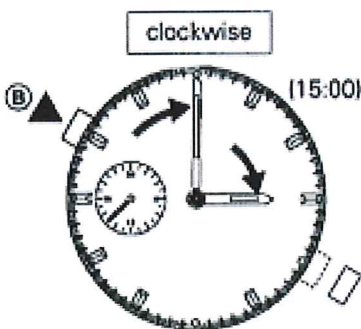
Setting Procedures

<(M) button pulled out to 1st step position>

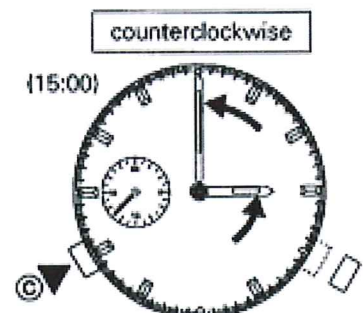


<Hour/Minute setting>

<Hour/Minute setting>

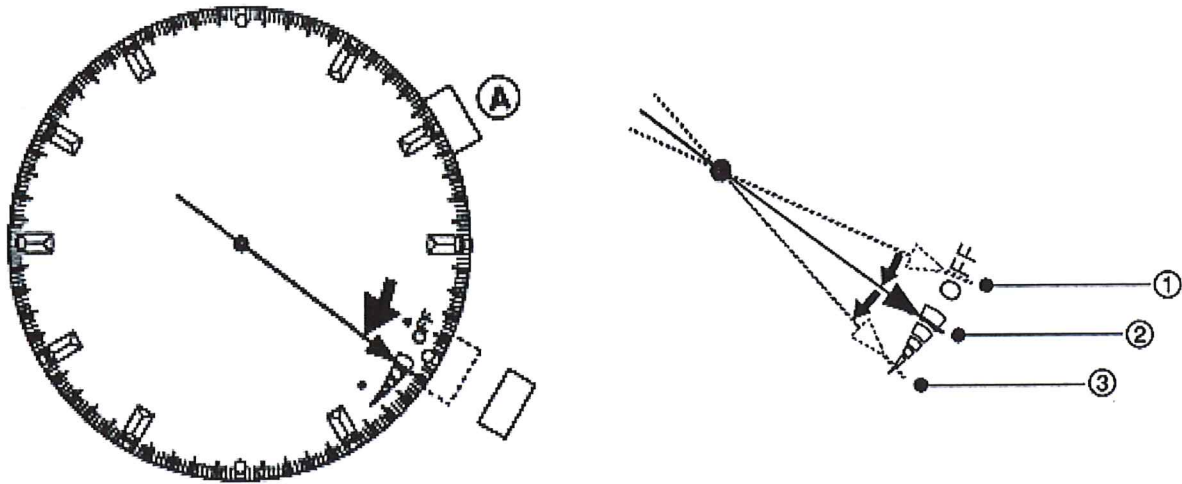


- ❖ Press and hold down either the (B) or (C) button to use the quick-advance feature
- ❖ Quick-advance function: Hour and minute hand movement is about twice as fast after the first revolution (clockwise movement only)
- ❖ Use the 24-hour system to ensure morning and afternoon, (am/pm), are set correctly.





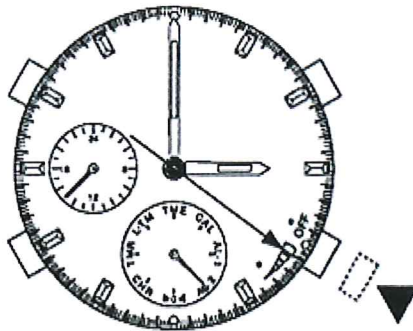
Daily alarm auto ON
Daily alarm sound selector



- Pull the (M) button out to the first step position (one click out). The second hand moves to position (2) and the alarm is turned ON.
- Press the (A) button to switch between a softer or louder sound level. (the level of the alarm sound in position (3) is softer than position (2)) or to switch alarm OFF (position 1)

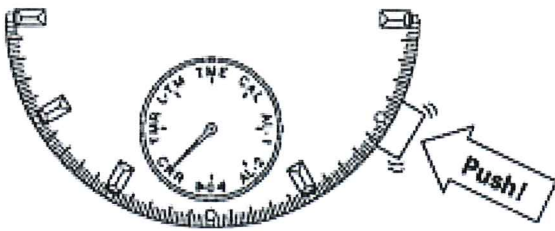


<Push the (M) button in to the normal position>
Alarm setting is complete

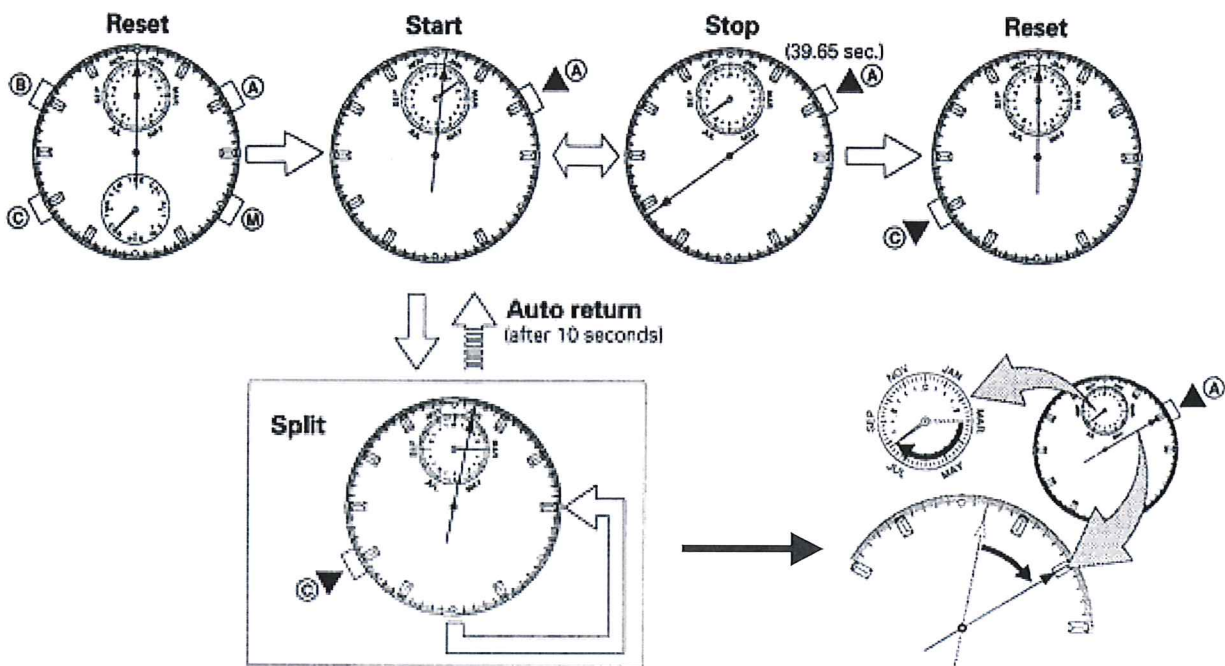




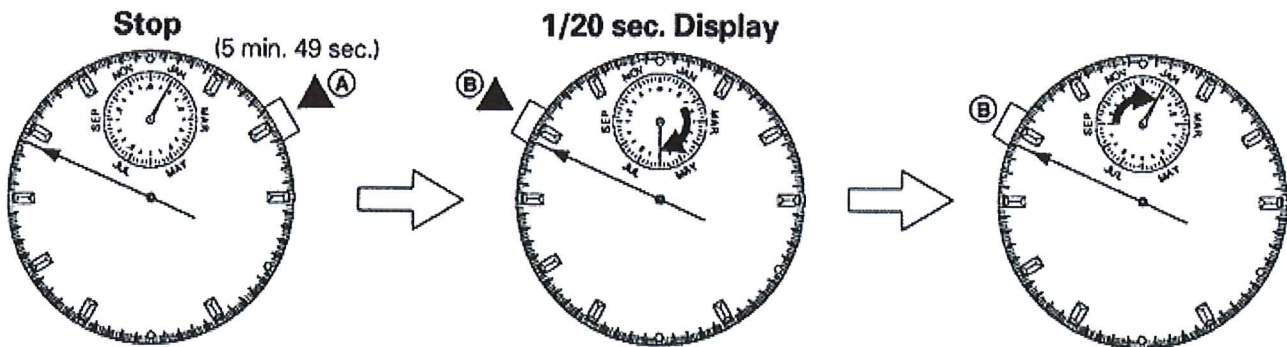
6. STOPWATCH OPERATION (CHR)



- Max. stopwatch range: 60 minutes in 1/20 second intervals
The auxiliary hand displays in 1/20 second increments
- Starting from the stopwatch reset state, the auxiliary hand advances for 1 minute.
The number of elapsed minutes exceeding 1 minute are displayed.
- The hour/minute/24-hour hands display the current time in the stopwatch mode.



1/20 second Display (effective only timings exceeding 1 minute)

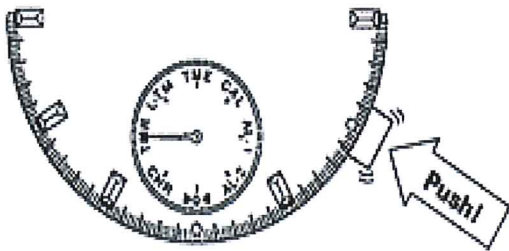


- 1/20 second displays only while the (B) button is held down
- Release the (B) button to display the number of elapsed minutes with the auxiliary hand.



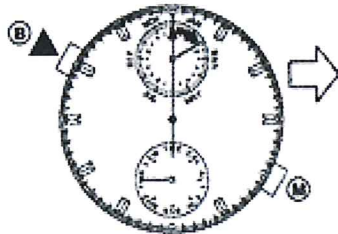


7. SETTING THE TIME



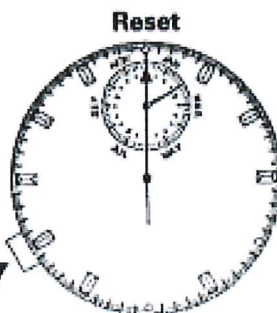
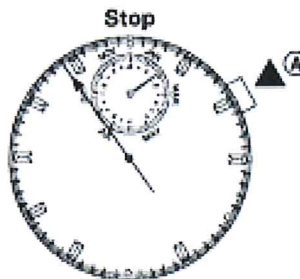
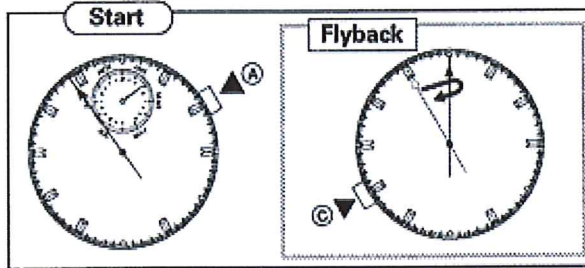
- **Max. timer range** 60 minutes in 1 minute increments
- **Fly-back function:** This feature allows you to press the (C) button after the timer countdown has started to return to the beginning of the timer setting and automatically start the countdown over again
- The hour/minute.24-hour hands display the current set time in the timer mode.

Setting the timer to 10 minutes
 <Timer setting procedures>
 (M) button normal position



- Timer settings are made with the auxiliary hand
- Auxiliary hand (timer minutes)
- Second hand (timer seconds)

Countdown proceeds at the same time



(returns to timer start position)

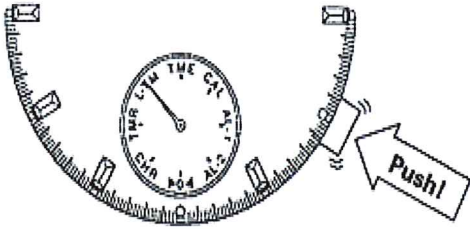
- ❖ A confirmation beep sounds with each start, stop, reset and fly-back operation
- ❖ Press and hold down the (B) button to use the quick-advance feature while setting the timer





8. SETTING THE LOCAL TIME (L-TME)

Changing the local time from 10:20 to 15:20 (3:20 p.m.)

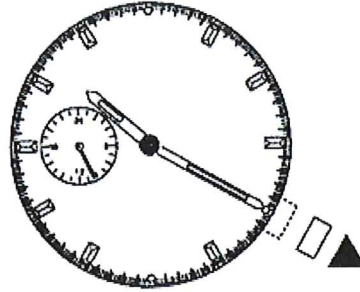
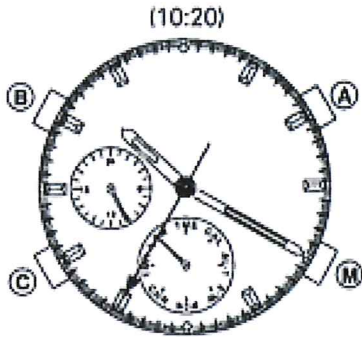


Local time is the time in the current location. On trips, the dual time feature can be used by setting the watch to the local time.

Setting Procedures

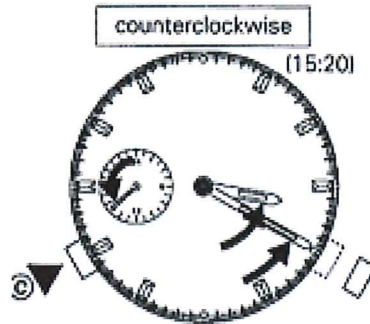
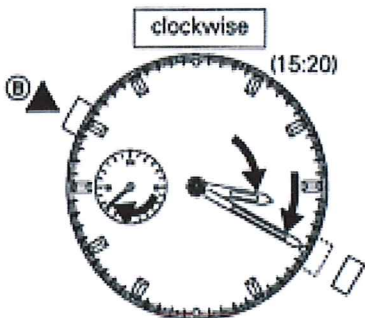
<(M) button normal position>

<(M) button: 1st step position>



<Hour/minute setting>

<Hour/minute setting>

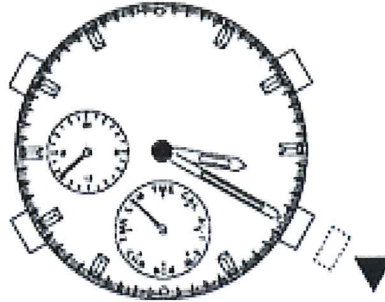


- Press and hold down either the (B) or (C) button to use the quick-advance feature
- Hour/minute/24-hour hands are synchronized
- Minute hand is adjustable in 30-minute increments only. Second hand is not adjustable.



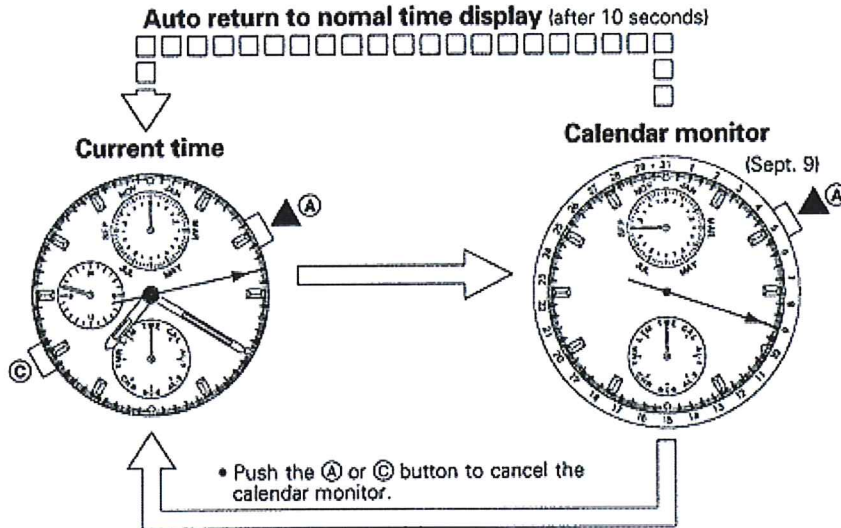


<Push the (M) button in to the normal position>
Local time setting is complete at 15:20 (3:20 p.m.)

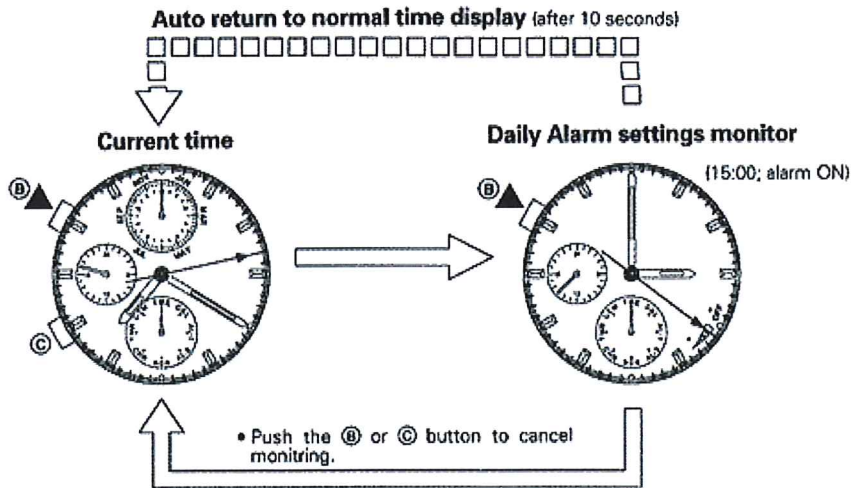


9. MONITORING IN THE NORMAL TIME MODE

a. Calendar Monitor



b. Daily Alarm (AL-2) Set Monitor

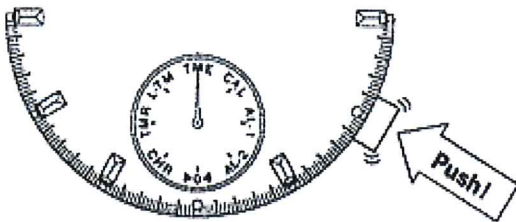




- ❖ Press the (B) button while monitoring the calendar to monitor the alarm (AL-2) settings.
- ❖ Press the (A) button while monitoring the daily alarm (AL-2) to monitor the calendar settings.
- ❖ Both of the above monitor modes automatically return to the current time after 10 seconds (auto-return).

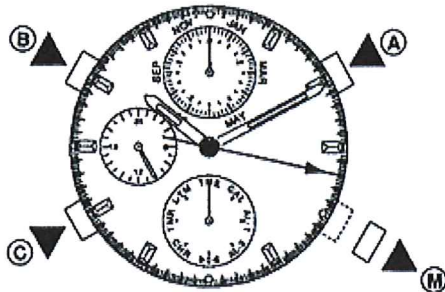
10. ALL RESET FUNCTION

The all reset function is used following a battery replacement or other abnormal watch movement.



The ALL reset function can be activated in any mode

All Reset Procedure



1. Pull the (M) button out to the first step position.
2. Push and hold down the (A), (B) and (C) button simultaneously for more than 2 seconds.
3. Release all three buttons and a confirmation tone (beep) will sound and the minute, second, auxiliary hands will move slightly. Push the (M) button in to the normal position after completing the above procedures.
4. Set all hands (except mode hand) to '0'. (see section BEFORE USE: "Zero Positioning setting", and then set the time.

