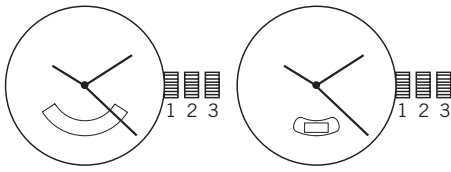


Automatic Movement with Date



Time and Date Setting

1. To start time-keeping, rotate the crown clockwise 15-20 times in position 1, or shake the watch sufficiently.
2. Pull crown out to position 2 and rotate clockwise to set time.
3. Pull crown out to position 3; date will advance automatically. To set to required date, continue to rotate crown between positions 2 and 3.
4. Push crown back to position 1.

NOTE: A timepiece fitted with an automatic winding movement obtains the power to wind itself by the movement of your wrist, there is no battery. Therefore, not wearing the timepiece for several consecutive days could exhaust the power reserve. If your watch stops, it is recommended that you manually wind the movement by rotating the crown clockwise to achieve the necessary power reserve.

It is important your timepiece is adjusted to match the size of your wrist. A loose fit may result in a loss in capacity of the timepiece to wind itself. When fully wound, your timepiece has a power reserve of approximately 38 hours.