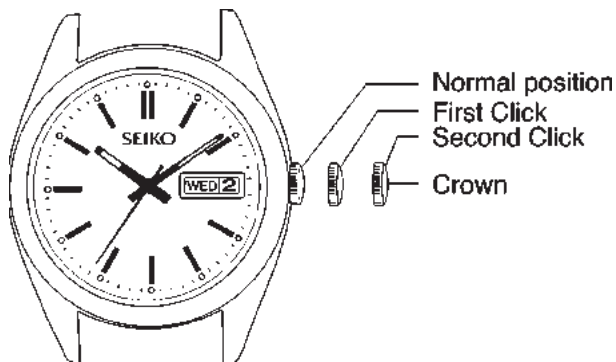


HOW TO SET THE TIME ON AN ANALOG WATCH



Gently pull the crown out as far as it will go. The watch will not run when the crown is in this "set" position. If the watch has a "screwdown locking crown," you may have to "unlock" it before you can pull the crown out. To do this, rotate the crown counter-clockwise (toward the bottom of the watch.) This unlocks the crown. Once it is unlocked, gently pull the crown out as far as it will go.

Then, rotate the crown clockwise (toward the top of the watch) so the hands advance past the 12 o'clock position. If the day/date changes you are in the AM position, if the day/date does not change you are in the PM position. Proceed to set the correct time and push the crown all the way back in. Note: it is best to set the time and date in the AM for instant day/date setting.

HOW TO SET THE DAY/DATE ON AN ANALOG WATCH

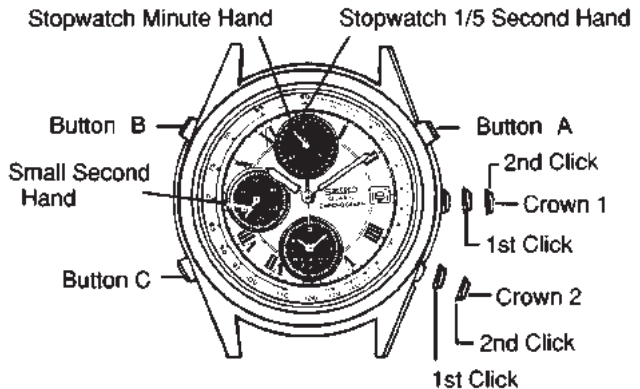
To set the day/date on an analog watch, gently pull the crown out to the first click position.

Rotate the crown clockwise (toward the top of the watch face). The date on the watch will advance. If the number showing in the window is too high, go past "31," and the counter will start at "1" again.

If your watch also displays a day-of-the-week, set this by rotating the crown counter-clockwise (toward the bottom of the watch face). The day-of-the-week will advance, going past Sunday and restarting at Monday, if necessary. Stop one day before the correct day-of-the-week.

Next, pull the crown out another stop and turn it clockwise so the hands move forward. When you pass 12, the day and date should change automatically to the correct date. If you are setting the watch before noon, stop as soon as you get to the correct time and push the crown all the way back in. If you are setting the watch after noon, go past 12 again before you stop at the correct time and push the crown all the way back in. If the watch is a "screwdown locking crown," relock the crown after setting the correct time by pressing down on the crown as you turn it clockwise.

CHRONOGRAPHS



A Seiko chronograph is not only a watch, it is also a sophisticated stopwatch that can measure down to fractions of a second and includes functions such as

- elapsed time,
- accumulated time, which allows you to track playing time, and stop the clock during time-outs,
- split time measurement, which allows you to make submeasurements of times for laps or legs of a race or to time two different racers.

USING ANALOG CHRONOGRAPH FUNCTIONS

The chronograph functions are operated by pressing the buttons on the side of the case.

- **STANDARD TIMING**
To measure how long it takes someone to go from point A to point B, simply push button A to stop and start the stopwatch, which displays time in the subdials, and use button B to reset.
- **ELAPSED TIME MEASUREMENT**
To record elapsed time, use button A to start, stop and restart as often as required. Use button B to reset after the match is over.
- **SPLIT TIMING**
Press button A at the start of the race. Press B to check the time for one segment of the race, the press B again to return to a display of total running time. Press A at the end of the race, then use B to reset.
- **TIMING TWO COMPETITORS**
Press button A at the start of the race. Press button B to see the time for the first finisher. Press A when the second competitor finishes, then press B to see the finish time. Reset by pushing B again.

HOW TO SET ALARM (7T32/42 Calibers)

1. **ALARM SETTING**
 - Pull crown 2 out to second click and turn to set small alarm hands to the current time, then push back crown 2 into normal position.
 - Pull crown 2 out to first click.
 - Press button "C" to set small hands to the desired alarm time.**
 - Push crown 2 back into normal position. (Alarm hands indicate the current time.)
2. **ALARM ENGAGEMENT/DISENGAGEMENT**
 - To engage, pull crown 2 out to first click.
 - Alarm rings at the designated time for 20 seconds.
 - To stop it, press button "A", "B" or "C".
 - To disengage, push crown 2 back into normal position.

**Hand moves quickly if the button is kept pressed.

See your Seiko Operational Guide for information on more advanced function chronographs.

BASIC OPERATION INSTRUCTIONS

KINETIC®

ELECTRICALLY CHARGED EVERY TIME YOU MOVE YOUR BODY.

GENERATING UNIT

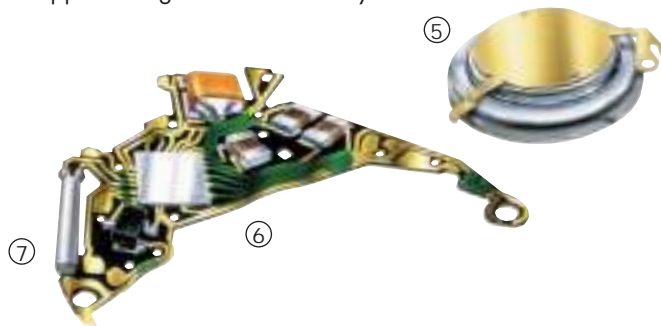
Transforms the movement of the wearer into electricity.



- ① **OSCILLATING WEIGHT**
The everyday movement of your wrist rotates the oscillating weight.
- ② **GEAR TRAIN**
This amplifies the rotational movement of the oscillating weight 100 fold and transfers it to the rotor.
- ③ **ROTOR**
This is where the magic begins. Every movement of the oscillating weight is turned into a magnetic charge. It can spin up to 100,000 RPM-faster than a Formula One race car.
- ④ **GENERATING COIL BLOCK**
Extremely high density coil transforms the magnetic charge into the electricity to power the watch.

CHARGING UNIT

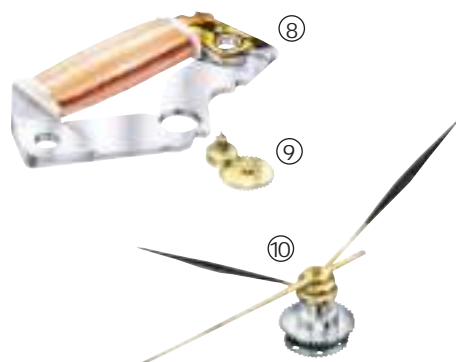
Stores and supplies the generated electricity.



- ⑤ **KINETIC ENERGY STORAGE UNIT**
The electrical energy is stored in this tiny technological marvel.
- ⑥ **CIRCUIT BLOCK**
Vital to the process, this electronic circuit controls voltage, amps and by quartz oscillation, produces a precise watch signal.
- ⑦ **QUARTZ CRYSTAL OSCILLATOR**
When electricity is passed to it, it oscillates at a highly stable rate of 32,768 times a second.

STEP MOTOR UNIT

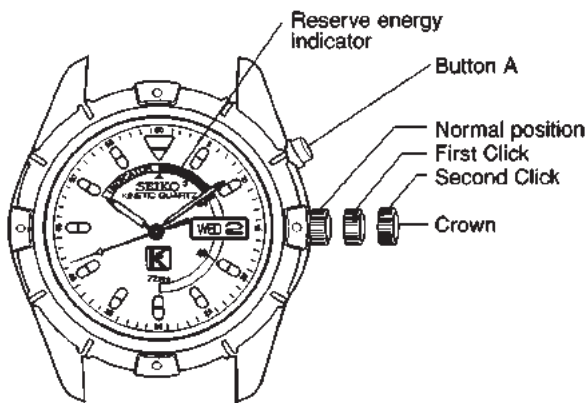
Converts electric signals into rotational motion to move the hands.



- ⑧ **STEP MOTOR**
Finally, the electrical signal is converted into a precise rotational motion which is transmitted through the hands through the gear train.
- ⑨ **GEAR TRAIN**
- ⑩ **HANDS**

BASIC OPERATION INSTRUCTIONS

KINETIC



SEIKO KINETIC watches are marvels of brilliantly applied technology. They convert energy created by the movement of the wrist into electricity which is stored, regulated and released with perfect quartz accuracy. No need to ever change a battery.

HOW TO CHARGE SEIKO KINETIC

SEIKO KINETIC watches must be charged before they are set. Charging is simple. Gently swing the watch from side to side in a small arc for two to three minutes. As you swing the watch, the oscillating weight in the generating system may give out a small sound as it rotates. When the second hand begins to move in one second intervals, the watch has stored at least three hours of power and is ready to be set.

CHECKING THE POWER RESERVE

The power reserve indicator function shows how much energy is stored in the watch's capacitor. To check how long the watch can operate on its current charge, wait until the second hand is in the 12 o'clock position and press the button at the 2 o'clock position on the watch case. Then use the chart below to determine how much stored energy is indicated by the number of seconds that the second hand moved. The second hand will resume normal operation in 30 seconds or less.

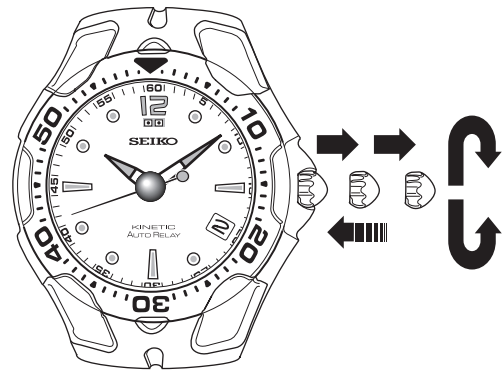
MOST COMMON KINETIC CALIBERS

| QUICK MOVEMENT OF THE SECOND HAND | 5 seconds | 10 seconds | 20 seconds | 30 seconds* |
|-----------------------------------|---|---|---------------------------------------|--|
| | POWER RESERVE* 3M122 4M21 | Between 3 and 24 hours of power reserve | Between 1 and 2 days of power reserve | Between 2 and 3 days of power reserve |
| 5M42/ 5M43 | Between 6 and 48 hours of power reserve | Between 2 and 4 days of power reserve | Between 4 and 7 days of power reserve | Between 7 and 14 days of power reserve |

LOW ENERGY RESERVE WARNING

When the second hand starts to move in two-second intervals instead of the usual one-second intervals, the watch's energy reserves are low. The watch should be charged by swinging it gently from side to side in a small arc for approximately one minute.

KINETIC AUTO RELAY



SEIKO KINETIC AUTO RELAY is an enhanced version of SEIKO KINETIC which features power saving and time relay functions that keep the watch operating for up to four years, even if left unused.

When the watch is not in use, time is still calculated in the Integrated Circuit (IC), but the watch hands stop moving in order to save energy. When the watch is picked up and moved again, the KINETIC power generating system is activated and the correct time is automatically relayed from the IC to the hands, which quickly reset themselves to the exact time.

ADVANCED FEATURES:

- Automatic power generator (see description of KINETIC watches)
- Automatic energy saving function
- Manual energy saving function
- Time Relay function
- Energy depletion warning function

AUTOMATIC ENERGY SAVING FUNCTION

If the watch is left untouched for approximately 3 consecutive days, the hands will automatically stop moving to save energy, while the advanced integrated circuit (IC) continues to keep track of the time.

MANUAL ENERGY SAVING FUNCTION

You can also activate the energy saving function manually by pulling the crown out to the first click position and pushing it back in to its normal position in less than a second.

Warning: Do not pull the crown out to the second click position while the energy saving function is in operation. This will cause the time data retained in the watch to be erased, thus disabling the time relay function.

TIME RELAY FUNCTION

The Time Relay function automatically resets the watch hands to the correct time when the watch is reactivated after being in the energy saving function mode in which the hands don't move. The correct time is "relayed" from the built-in IC to the hands, which begin to move again.

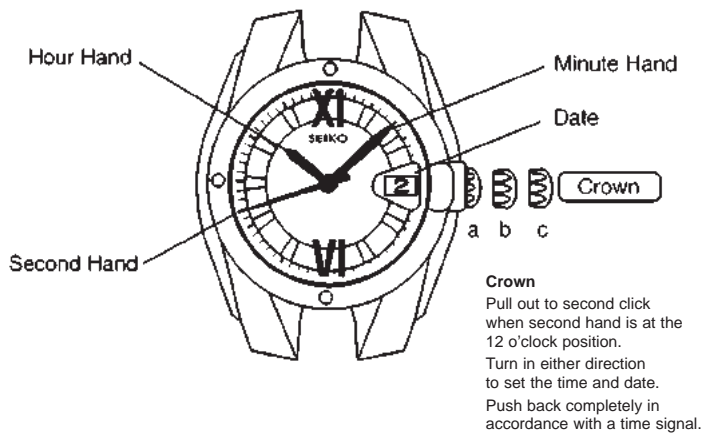
All you have to do is swing the watch gently. This generates electricity which automatically activates the Time Relay function, and the hands are adjusted automatically to the time retained inside the watch's IC. If the watch is fully charged when the power saving function is activated, the Time Relay function remains operable for approximately four years.

ENERGY DEPLETION WARNING FUNCTION

As with all SEIKO KINETIC and KINETIC AUTO RELAY watches, when the second hand starts to move in two-second intervals instead of the usual one-second intervals, the watch's energy reserves are low. The watch should be charged by swinging it gently from side to side in a small arc for approximately one minute.

BASIC OPERATION INSTRUCTIONS

PERPETUAL CALENDAR



Each Seiko Perpetual Calendar is a masterpiece of advanced timekeeping. The calendar is pre-set at the factory and will automatically adjust for the length of every month, including February in leap years, up to February 28, 2100. To reduce the need to ever reset these watches, they are highly accurate, with a yearly gain or loss of less than 20 seconds. In those models that feature Dual Time and World Time Display, you can set the watch for a second time zone when you travel without disturbing the setting for your home time zone.

CHECKING THE CALENDAR

Because the watch may have crossed international date lines since it was originally set, you should check that the calendar is correct before setting the watch. To do this, pull the crown out to the first click position, and push it back in quickly (in less than a second.) If the watch has a screw lock crown, you will need to unscrew the crown by turning it counterclockwise before you can pull it out.

- First, the number for the current month will be displayed in the calendar window for five seconds, (January is "1," February is "2" etc.)
- Then the calendar window will return to displaying the number for the date.

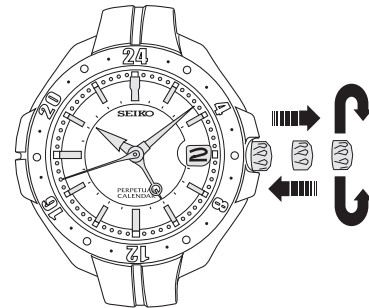
PRO TIPS:

- Be sure you pull the crown out only one click. If the crown is pulled out to the second click position before it is pushed back in, the calendar will not be displayed.
- Be sure to push the crown back into its normal position against the watch case. Leaving the crown out in the first click position will shorten battery life.

LEAP YEAR INDICATION

Seiko Perpetual Calendar watches also include a function in which the second hand indicates the number of years since the last leap year. With the second hand at the 12 o'clock position, pull the crown out to the first click position then push it back to the normal position quickly (within a second). The second hand will move to the 5 second position indicating one year has passed since leap year — the 10 second position indicates two years etc.

SETTING A PERPETUAL CALENDAR WORLD TIMER



Because this watch is designed with an hour hand that can move separately from the other hands, setting procedures are a bit different. You can set the watch into two different modes:

- so the 24-hour hand shows 24-hour time and acts as an AM/PM indicator while the hour hand shows 12-hour time, or
- so the 24-hour hand shows the time in a different time zone from the time shown by the hour hand.

1) Pull the crown out to the second click position when the second hand is at the 12 o'clock position.

2A) For a single time zone, so the 24-hour hand indicates AM/PM. Turn the crown in either direction to set the minute hand and 24 hour hand to the current time in your area, using the 24-hour marks on the dial.

OR

2B) To use the 24-hour hand to indicate time in another zone. Turn the crown in either direction to set the minute hand and 24 hour hand to the time in another area, positioning the 24-hour hand as if it were a 12-hour hand

3) Push the crown all the way back in.

4) Now pull the crown out to the first click position and rotate it in either direction, moving the hour hand around the dial (it moves in one hour increments) until both the date and hour are correct for your area.

6) Push the crown all the way back in.

READING WORLD TIMES ON ROTATING BEZEL MODELS

To read the times for 22 cities in different time zones around the world:

- 1) Turn the rotating bezel so that the 24-hour hand points to a city in the time zone it has been set for
- 2) The times for various cities will be indicated by the 24-hour marks next to them.

EASY TIME SETTING WHILE TRAVELING OR DURING DAYLIGHT SAVINGS TIME

Because the hour hand can be set independently of the other hands, resetting a Perpetual Calendar watch when you enter a new time zone is as easy as 1-2-3.

- 1) Pull the crown out to the first click position
- 2) Rotate the crown to reset the hour and date.
- 3) Push the crown back in.

The 24-hour hand will continue to indicate the time of the area you had previously set the watch for.

BATTERY LIFE INDICATOR

When the second hand starts to move in two-second intervals instead of the normal one-second intervals, replace the battery within two weeks. The calendar function should not be affected by battery changes, as long as the watch has not been allowed to stop completely. Nonetheless, it is still a good idea to check that the calendar is correct after a battery change.