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.

3. **Selecting 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 manual time setting mode.

4. **Conducting manual reception (Receiving a radio signal manually)**
   - Charge the battery sufficiently. As the charged energy is depleted, the watch completely stops operating.

5. **Manually set the time**
   - 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.

6. **How to manually set the day of the week**
   - The second hand starts to move when the daylight saving time (DST) is in effect. (The time zone adjustment mode is completed.)

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

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.

2. **Within 10 seconds after carrying out the procedure above, 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.

3. **Leaving the watch untouched for several minutes. Reception takes some time.**
   - When the second hand starts moving in one-second intervals, the reception is completed. (Updated every minute)

4. **When the second hand starts moving in one-second intervals, check if the signal reception was successfully conducted.**

5. **HOW TO CONDUCT MANUAL RECEPTION (RECEIVING A RADIO SIGNAL MANUALLY)**

   1. **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.

   2. **Press and hold Button B and then release.**
      - If the time zone is set to an area 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.

3. **HOW TO MANUALLY SET THE TIME (When a radio signal cannot be received)**

   1. **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.

   2. **Press and hold Button A (for 2 seconds) until the second hand moves to point to the 55-second position.**

   3. **Press and hold Button A (for 2 seconds) until the second hand moves to point to the 48-second position.**

   4. **Press Button B to set the time.**

4. **HOW TO MANUALLY SET THE DATE**

   1. **Pull out the crown to the first click.**

   2. **Press and hold Button A (for 2 seconds) until the second hand moves to point to the 55-second position.**

   3. **Press and hold Button A (for 2 seconds) until the second hand moves to point to the 13-second position.**

   4. **Press Button B to set the date.**

5. **HOW TO MANUALLY SET THE DAY OF THE WEEK**

   1. **Pull out the crown to the first click.**

   2. **Press and hold Button A (for 2 seconds) until the second hand moves to point to the 55-second position.**

   3. **Press Button B to set the day of the week.**

   4. **Press and hold Button A (for 2 seconds) until the second hand moves to point to the 13-second position.**

   5. **Press Button B to set the day of the week.**

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**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.

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**Battery requirements**

- The watch and the sub dial stop. Both the main watch and the sub dial continue to operate.

- The main watch and the sub dial continue to operate.

- The operation is now completed.