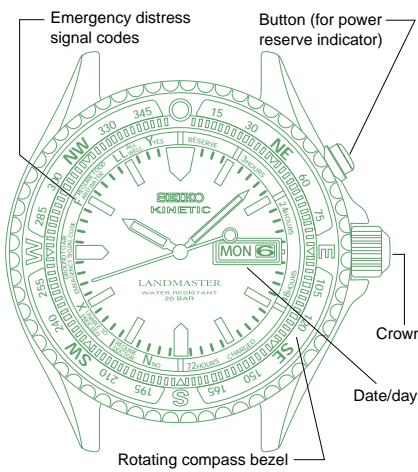


Unlike the conventional quartz watch powered by the buttontype battery, the SEIKO LANDMASTER is equipped with an automatic power generating system developed by SEIKO. It generates the electrical energy to power the watch, utilizing the movement of the arm or wrist, and stores it in KINETIC E.S.U. So, the watch does not use a battery, and the battery replacement procedures are completely eliminated. The watch also has a power reserve indicator function that shows with the movement of the second hand how many days of power reserve is stored in KINETIC E.S.U. The SEIKO Landmaster has a one-piece type case construction. It doesn't have a case back and, therefore, is excellent in water and corrosion resistance. The watch is also provided with a rotating compass bezel and a dial bearing emergency distress signal codes. Besides, user's personal data can be inscribed on the back of the watch.

CAUTION

- The movement of the arm while the watch is worn causes the automatic power generating system to work, and the watch is powered by the electrical energy thus generated. Therefore, the watch will not be charged while left unused.
- As a guideline of recharging, it is recommended that the watch be worn on your wrist daily for more than 10 hours.
- When the energy stored in KINETIC E.S.U. is reduced to an extremely low level, the second hand starts moving at two-second interval instead of the normal one-second interval, indicating that the watch needs recharging. Please see " TO CHARGE THE WATCH" in " HOW TO USE".



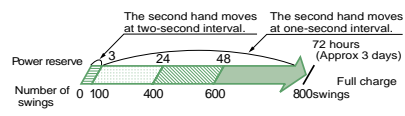
When you start your watch or when the energy stored in KINETIC E.S.U. has been reduced to an extremely low level, follow the procedure below to charge the watch.

- 1 Swing the watch from side to side repeatedly as shown in the illustration below. After the watch is swung several times, the second hand starts moving at two-second interval. The power reserve in KINETIC E.S.U. is still insufficient at this stage. Swing the watch further to fully charge KINETIC E.S.U.



- *To charge KINETIC E.S.U. efficiently, swing the watch from side to side at a rate of twice a second, drawing an arc of about 20 cm.
- * Even if the watch is swung extremely quickly with vigor, it will not be charged efficiently.
- * When the automatic generating system is working, you will hear a noise from the watch. It is not a malfunction.

- 2 Swing the watch further until the second hand starts moving at one-second interval. At that stage, there will be about 3 hours of power reserve available. It is recommended that the watch be swung further until KINETIC E.S.U. is fully charged. The illustration below represents the relationship between the number of swings and the power reserve.



- * After the second hand starts moving at one-second interval, an additional 700 swings will fully charge KINETIC E.S.U.
- * The current power reserve of KINETIC E.S.U. can be checked by using the power reserve indicator function. (Refer to " How to use the power reserve indicator" at right.)
- * The watch has an overcharge safety device. Even if it is further swung after KINETIC E.S.U. is fully charged, no malfunction will be caused.

- The power reserve stored in KINETIC E.S.U. can be checked by using the power reserve indicator function.
- The power reserve indicator shows how many days the power reserve in KINETIC E.S.U. can keep the watch operating.
- By pressing the button, the second hand advances quickly by a certain amount of seconds depending on the power reserve in KINETIC E.S.U.
- Besides using while the watch is in use, the power reserve indicator is particularly useful for checking the power reserve before you leave the watch unused for a long time.

<How to read the power reserve indicator>
The power reserve stored in KINETIC E.S.U. is classified into four levels and represented by the number of seconds that the second hand advances. The power reserve indicator gives a rough indication of the power reserve and, therefore, does not indicate the exact period of time during which the watch keeps operating without being charged.

5M23ランドマスター ルミブライトモデル用

SEIKO KINETIC

ランドマスター-5M23

取扱説明書 INSTRUCTION

5M23ランドマスター ルミブライトモデル用

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- 注意** 取扱いを誤った場合に、軽傷を負う危険性や物質的損害をこうむることが想定されることを示しています。

セイコー株式会社
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Press the button

Quick movement of second hand	5 seconds	10 seconds	20 seconds	30 seconds
Approximate power reserve	3 hours ~ 1 day	1 ~ 2 days	2 ~ 3 days	More than 3 days

<Example>
If the second hand advances "20 seconds" by pressing the button, 2 to 3 days of power reserve is available. The watch will keep operating for at least 2 days without being charged, but the exact duration (2 days or 3 days) cannot be known.
* The power reserve indicator provides a general guideline of the duration within which the watch keeps operating without being charged. Actual power reserve may differ slightly from the amounts in the table.
* After the second hand moves quickly by a certain amount of seconds, it stops on the spot until the current time catches up with the time the second hand indicates.
* You can immediately press the button again to recheck the power reserve one more time. To do so a third time, however, wait until the second hand resumes normal movement before pressing the button again.
* Please note that the power reserve indicator cannot be used while the second hand is moving at two second interval.

<Quick movement of the second hand by 30 seconds>

- If KINETIC E.S.U. has been fully charged, the second hand advances 30 seconds by pressing the button, meaning the watch keeps operating for at least 3 days without being charged.
- The watch will keep operating for 3 to 7 days, but the exact duration of charge cannot be known.
- If KINETIC E.S.U. is fully charged, the watch will keep operating for approximately 7 days (1 week).

TWO-SECOND INTERVAL MOVEMENT OF THE SECOND HAND (When the second hand moves at two-second interval)

- If you find the second hand moving at two-second interval while the watch is in use or while it is left unused, the watch may run down in three hours. Therefore, be sure to swing the watch and recharge the watch. (See " TO CHARGE THE WATCH.")
- * The watch remains accurate even while the second hand is moving at two-second interval.

HOW TO USE HOW TO SET THE CALENDAR

The day of the week can be shown bilingually in English or Japanese. Choose whichever you like.

- 1 Unscrew the crown by turning it counterclockwise.
- 2 Pull the crown out to the first click.
- 3 Turn the crown counterclockwise to set the day before designated day, and turn the crown clockwise to set the date before designated date.
- 4 Pull the crown out all the way to the second click.
- 5 After setting the calendar, push the crown in and while the crown is depressed, turn it clockwise to lock it in place.

* Do not set the calendar when the hands are pointing to the time between 9 P.M. and 1 A.M. If the setting of the calendar is made when the hands are pointing to the time between 9 P.M. and 1 A.M., the calendar will not change to the next. Please set the calendar after turning the hands except during the above period.

HOW TO SET THE TIME

- 1 Unscrew the crown by turning it counterclockwise.
- 2 Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.
- 3 Turn the crown clockwise to set the time.
- 4 Push the crown in and while the crown is depressed, turn it clockwise to lock it in place.

* Calendar adjustment at the end of the month
It is necessary to adjust the calendar at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the calendar.

HOW TO USE THE COMPASS BEZEL

(For the use in the Northern Hemisphere only)
While keeping the dial level, point the hour hand to the direction of the sun. The direction of south is indicated by the middle point of the arc between the 12 o'clock marker and the time scale indicated by the hour hand. "O", "S", "W" and "E" on the rotating bezel indicate the directions of "north", "south", "west" and "east", respectively. The bezel is also graduated with the degree of angles in 15° increments.

- 3 Turn the crown to set the time.
- 4 Push the crown in accordance with a time signal.
- 5 After setting the time, push the crown in and while the crown is depressed, turn it clockwise to lock it in place.

* While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date and day of the week will change automatically once every 24 hours.)
* When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.
* Telephone time casting service (tel. 117) might be helpful when you set the time.

EMERGENCY DISTRESS SIGNAL CODE

Six basic emergency distress signal codes are inscribed on the dial. They are to be used to communicate with the rescue aircraft from the ground in case of distress.

Y: YES (Affirmative)
LL: ALL WELL (Everything is going well.)
F: REQUIRE FOOD & WATER (Supply food and water.)
X: UNABLE TO PROCEED (Can not advance.)
I: REQUIRE DOCTOR (There is a seriously injured person. Send a doctor.)
N: NO (Negative)

HOW TO USE THE EMERGENCY DISTRESS SIGNAL CODES

In case of distress, describe the emergency distress signal codes on the ground so that the search aircraft or rescue party can easily recognize them. Each letter should be at least 10 by 10 meters in size with its top and bottom facing the directions of south and north, respectively. When describing the code on the field of snow, dig a ditch or pile up snow in the form of the letter so that it can be discerned by the shade. If the victim is weakened and does not have enough physical strength to describe the codes on the ground, use the clothes or outfit to form the letters. Grass, branches of trees or stones can also serve the purpose. In rescue operations, the rescue aircraft uses a loudspeaker or a communication tube to send messages to the victim, but it is difficult for the victim to respond to the rescuer. The emergency distress signal codes will facilitate the communication between them and help the rescue operations progress smoothly.

PERSONAL DATA

Four kinds of personal data of the owner of LANDMASTER can be inscribed on the back of the watch.
• They are the name, nationality, date of birth and blood type. They can identify the owner and help conduct rescue operations smoothly in case of emergency.

Item	Description on the case	Example of inscription
① Name (initials)	NAME	M. W
② Nationality	NATIONALITY	JPN
③ Blood type	BLOOD TYPE Rh	+ AB
④ Date of birth	BIRTH DAY	27-12-'64

* Notes on the inscription of personal data
1. The name is represented by initials.
2. The name of the nation is abbreviated to three alphabets. For the abbreviation of the names of nations, refer to the list below.
3. The blood type is represented by the combination of blood type description ("A", "B", "AB" or "O") and Rh factor ("+" or "-").
Ex.) Blood type "O" and Rh+.....O
Blood type "A" and Rh.....A
4. The date of birth is represented by six digits, which are arranged, from left, in the order of date, month and the lower two digits of year.
Ex.) December 27, 1964.....27-12-'64

PRECAUTIONS ON KINETIC E.S.U.

• Instead of a silver oxide miniature battery, KINETIC E.S.U. is used to power the watch. Therefore, unlike an ordinary miniature battery, battery replacement is not necessary.
• Even while the second hand is stopped by pulling the crown, the current is consumed to control the built-in IC. Please note, therefore, that, while the watch is not in use, pulling the crown will not save the energy stored in KINETIC E.S.U.

WARNING
Never insert a miniature silver oxide battery instead of KINETIC E.S.U.

TO PRESERVE THE QUALITY OF YOUR WATCH

CAUTION
CARE OF YOUR WATCH
• The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
• After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
• Clean the watch bracelet with a soft toothbrush dipped in water or soapy water.
• Rinse the watch in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.
• Clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

CAUTION
RASH AND ALLERGY
• Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
• If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
• The possible causes of the rash are as follows:
1. Allergy to metals or leathers
2. Rust, dust or perspiration on the watch or band
• If you develop any skin reactions, take off the watch and consult a doctor immediately.

PLACES TO KEEP YOUR WATCH

• If the watch is left in a temperature below -10°C or above +60°C for a long time it may function improperly or stop operating.
• Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
• Do not leave the watch where there is strong vibration.
• Do not leave the watch in a dusty place.
• Do not expose the watch to gases or chemicals.
(Ex.): Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
• Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

PRECAUTIONS ON WEARING YOUR WATCH

Take utmost care in the following cases:
• When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
• In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
• When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.

PERIODIC CHECK

• We suggest that you have your watch checked by SEIKO DEALER every 2 or 3 years for oil condition or damage due to water or sweat. After checking the watch, adjustment and repair may be required.
• When the replacing the parts, please specify "SEIKO GENUINE PARTS".
• Be sure to have the gasket and push-pin replaced with new ones by the SEIKO DEALER when checking the watch.

LUMIBRITE

[IF YOUR WATCH HAS LUMIBRITE]
• LumiBrite uses externally-energized luminous material which doesn't contain any radioactive substance. LumiBrite is a newly-developed luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 3 to 5 hours. Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

TROUBLE SHOOTING

Phenomenon	Possible cause	Remedies
The watch has stopped operating.	All the electrical energy stored in KINETIC E.S.U. has been used up.	Charge the watch referring to " HOW TO CHARGE THE WATCH"
The watch gains/loses time.	• The watch has been left in extremely high or low temperature for a long time. • The watch was brought into close contact with a magnetic object. • You dropped the watch, hit it against a hard surface or wore it while playing active sports. • The watch was exposed to strong vibrations.	• This condition will be corrected when the watch temperature returns to normal. • This condition will be corrected when the watch is kept away from close contact with the magnetic source. • This condition will not be corrected. Have the watch checked by the retailer from whom the watch was purchased or a SEIKO DEALER.
Blur in the display persists.	Small amount of water has got inside the watch due to deterioration of the gasket, etc.	Consult the retailer from whom the watch was purchased or a SEIKO DEALER.
The second hand moves at two-second interval.	The electrical energy stored in KINETIC E.S.U. has been reduced to an extremely low level. When the power reserve is checked by pressing the button, the second hand will not move more than 10 seconds even if you wear the watch daily on your wrist.	The watch may stop operating in 3 hours. Charge the watch referring to " HOW TO CHARGE THE WATCH". You wear the watch daily but only for a short time, or you lead a relatively sedentary life, which does not involve much arm movement.
The date (day) changes at 12 o'clock noon.	AM/PM is not properly set.	Advance the hands by 12 hours.
The rotating bezel is not turning smoothly.	Dust or soil or sand or the like may stick between the case and the rotating bezel.	Please rinse the watch in fresh water. If it cannot be washed out, take your watch to the watch retailer from whom it was purchased or a SEIKO DEALER.

* For the solution of troubles other than above, contact the retailer from whom the watch was purchased or a SEIKO DEALER.

SPECIFICATIONS

1. Frequency of crystal oscillator	32,768 Hz (Hz = Hertz ... Cycles per second)
2. Loss/gain (monthly rate)	Less than 15 seconds at normal temperature range (5°C to 35°C)
3. Operational temperature range	-10°C~+60°C
4. Driving system	Step motor
5. Power supply	KINETIC ELECTRICITY STORAGE UNIT, 1 piece
6. Expected life per charge	From full charge to stoppage: Approx. 3 days or more From the start of the second hand's 2-second step movement to stoppage: Approx. 3 hours
7. The power reserve indicator function	Oscillator, frequency divider, driving and charge control circuit C-MOS-IC, 1 piece
8. I.C (Integrated Circuit)	Miniature AC generator (4800 A/m (60 gauss))
9. Power generator	JIS class 1 antimagnetic watch (4800 A/m (60 gauss))
10. Magnetic resistance	Water resistance 20bar (JIS class 2 water resistant watch 20 bar)
11. Water resistance	

* The specifications are subject to change without prior notice, for product improvement.

REMARKS ON AFTER-SALES SERVICING

• If the watch requires service, take it to the retailer from whom the watch was purchased or SEIKO DEALER. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch.
• For repair after the guarantee period or for any other information regarding the watch, contact the retailer from whom the watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO CORPORATION.
• Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready.

REMARKS ON REPLACEMENT PARTS
• SEIKO makes it policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
• The number of years that a watch is considered repairable may vary greatly depending on the conditions under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased when having them repair your watch.
• The case, dial, hands glass and bracelet, or parts thereof may be replaced with substitutes if the originals are not available.

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