Please refer to the Instruction Manuals of other languages by accessing
“Customer Service”→ “Instruction” on our Website from PC or Smartphone.

https://www.seikowatches.com/
Thank you very much for choosing a SEIKO watch. For proper and safe use of your SEIKO watch, please read carefully the instructions in this booklet before using it.

Keep this manual handy for easy reference.

* Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift, or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.

* If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.
**WARNING**

Do not use the watch in scuba diving or saturation diving.

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water resistant watch with the BAR (barometric pressure) display. For diving, use watches specifically designed for diving.

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**CAUTION**

Do not pour running water directly from faucet.

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

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**HOW TO USE**

### Mechanical watch characteristics (Hand-wound, auto-wound)

- This is a mechanical watch powered by a spring.
- To use it from a stopped state, turn the crown 20 turns by hand to wind up the spring before starting the watch.
- Although the accuracy of quartz watches is measured in differences over months or years, in mechanical watches it is measured in differences per day (i.e., the amount the watch speeds up or slows down in a single day).
- Additionally, mechanical watches are subtly affected by the conditions in which they are used (e.g., duration worn, temperature, arm movement, the amount wound, etc.) thus, the amount of error is not constant.
- When affected by a strong magnetism from outside, a mechanical watch may lose/gain time temporarily. The parts of the watch may become magnetized depending on the extent of the effect. In such a case, consult the retailer from whom the watch was purchased since the watch requires repair including demagnetizing.

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### Names of the parts and their functions

1. **Minute hand**
2. **Hour hand**
3. **Seconds hand**
4. **Date**
5. **Crown**
   - Normal position (not locked): Wind up the watch (hand-wound)
   - First click position: Time difference adjustment/Date setting
   - Second click position: Time setting

* The position and design of the display may vary depending on the model.
CROWN

There are two types of crowns, a normal crown and a screw down crown.

**Normal crown**
- Pull out the crown and operate it.

**Screw down crown**
- Unlock the crown before operating it.
- After operating the crown, lock it.
- Rotate while pressing the crown in.

* By locking the crown by screw, a screw down crown can prevent malfunction and increase water resistance.
* Be careful not to screw the crown in by force as it may damage the slots of the crown.

How to wind the mainspring

- This is an automatic mechanical watch with a manual winding mechanism.
- When the watch is worn on the wrist, the mainspring is wound automatically through normal wrist movement. The watch can also be wound up by turning the crown.
- To start the watch after it stops completely, wind it up either by turning the crown or swinging it from side to side until the seconds hand starts moving. Then, set the time and date before putting the watch on the wrist. To wind up the watch, unscrew the crown by turning it counterclockwise, and then, turn it clockwise slowly. The watch cannot be wound by turning the crown counterclockwise. In this way, the watch can be wound up fully. Furthermore, turning the crown further will not break the spring.
- Once the watch is wound up fully, it operates for about 70 hours.

How to set the time and date

The watch is provided with a date function and is so designed that the date changes once every 24 hours. The date changes around 12 o’clock midnight. If AM/PM is not properly set, the date will change at 12 o’clock noon.

⚠️ CAUTION

Do not set the date between 9:00 p.m. and 1:00 a.m. Amending the date during this time period may cause problems such as the date failing to change the next day.
How to use the compass (only for models with the compass bezel or with the compass inner ring)

The compass is functional only within the northern hemisphere, and it may not function properly at lower latitudes (South of the Tropic of Cancer) depending on the season of the year. Please use the compass in places where the direction of the sun can be determined.

While keeping the dial level, point the hour hand towards the sun. The direction of south is indicated by the middle point of the arc between the 12 o’clock marker and the time indicated by the hour hand.

- For models with the rotating compass bezel
  Set “S” on the rotating compass bezel to the direction of south.

- For models with the rotating compass inner ring
  Turn the crown for the rotating compass inner ring to set “S” on the rotating compass inner ring to the direction of south.

CAUTION

- Avoid amending the date when the watch is displaying between 9 PM and 1 AM. Doing so may cause damage.
Daily care

- The watch requires good daily care
  - Do not wash the watch when its crown is in the extended position.
  - Wipe away moisture, sweat or dirt with a soft cloth.
  - After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
  - Do not pour running water directly from a faucet onto the watch. Put some water into a bowl first, and then soak the watch in the water to wash it.
  - * If your watch is rated as “Non-water resistant” or “water resistant for daily use,” please do not wash the watch.

- Turn the crown from time to time
  - In order to prevent corrosion of the crown, turn the crown from time to time.
  - The same practice should be applied to a screw down crown.

Performance and type

The case back shows the caliber and performance of your watch

- Water resistant performance
  - Please refer to P. 20.
  - Case Number
    - The number to identify the type of your watch.
    * The above illustration is provided as an example, therefore it may not be exactly the same as your watch.

Lumibrite

If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs the light energy of sunlight and lighting apparatuses 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.

* In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)
* Lumibrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Illumination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunlight</td>
<td>100,000 lux</td>
</tr>
<tr>
<td>Indoor (Window-side during daytime)</td>
<td>more than 3,000 lux</td>
</tr>
<tr>
<td>Cloudy weather</td>
<td>1,000 to 3,000 lux</td>
</tr>
<tr>
<td>Rainy weather</td>
<td>less than 1,000 lux</td>
</tr>
<tr>
<td>Lighting apparatus (40-watt daylight fluorescent light)</td>
<td></td>
</tr>
<tr>
<td>Distance to the watch: 1 m</td>
<td>1,000 lux</td>
</tr>
<tr>
<td>Distance to the watch: 3 m</td>
<td>500 lux (average room luminance)</td>
</tr>
<tr>
<td>Distance to the watch: 4 m</td>
<td>250 lux</td>
</tr>
</tbody>
</table>

Water resistant performance

Refer the table below for the description of water resistant performance of your watch before using. (Please look at P. 18)

<table>
<thead>
<tr>
<th>Indication on the case back</th>
<th>Water resistant performance</th>
<th>Conditions of Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>No indication</td>
<td>Non-water resistance</td>
<td>Avoid drops of water or sweat</td>
</tr>
<tr>
<td>WATER RESISTANT</td>
<td>Water resistance for everyday use</td>
<td>The watch withstands accidental contact with water in everyday life.</td>
</tr>
<tr>
<td>WATER RESISTANT 5 BAR</td>
<td>Water resistant enforced for daily use is at 5-BAR water resistant.</td>
<td></td>
</tr>
<tr>
<td>WATER RESISTANT 10(20)BAR</td>
<td>Water resistance for everyday use at 10 (20) barometric pressures</td>
<td>The watch is suitable for diving not using an air cylinder.</td>
</tr>
</tbody>
</table>

EN 17

EN 18

EN 19

EN 20
Magnetic resistant performance

Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating.

**DANGER**

<table>
<thead>
<tr>
<th>Condition of use</th>
<th>Indication on the case back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)</td>
<td>No indication</td>
</tr>
<tr>
<td>Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)</td>
<td></td>
</tr>
</tbody>
</table>

If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The built-in balance spring may be influenced by a strong external magnetic field.

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### Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

- **Metallic band**
  - Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
  - Lack of care may result in a rash or cause a yellowish or gold stain on the lower sleeve edge of shirts.
  - Wipe off moisture, sweat or soil with a soft cloth as soon as possible.
  - To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.
  - Protect the watch body from water splashes by wrapping it up in plastic wrap etc.
  - Clean it off with a soft cloth.
  - Because some titan bands use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
  - If rust advances, pins may poke out or drop out, and the watch case may fall off the band, or the clasp may not open.
  - If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

- **Leather band**
  - A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
  - Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
  - Do not expose the watch to direct sunlight for a long time.
  - Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
  - Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water resistant enforced for daily use (10-BAR/20-BAR water resistant).

- **Polyurethane band**
  - A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
  - Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
  - Wash out dirt in water and clean it off with a dry cloth.
  - Protect the watch body from water splashes by wrapping it up in plastic wrap etc.
  - When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

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### Examples of common magnetic products that may affect watches

- Smartphone, cellular phone, tablet terminal (speaker)
- AC adapter
- Bag (with magnet buckle)
- AC-powered shaver
- Magnetic cooking device
- Portable radio (speaker)
- Magnetic necklace
- Magnetic health pillow
- Magnetic pillow
Silicone band

- As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt with a wet cloth or cleaning tissue.
- Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.

Notes on skin irritation and allergy
Skin irritation caused by a band may result from various factors such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on the length of the band
Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

How to use tri-fold type clasp for leather band (Special clasps)

There are 3 types of special clasps as described below; If the clasp of the watch you purchased is one of them, please refer to the indications.

A Type → P. 27
- Lift up the clasp to release the buckle.
- Move the flap.
- Remove the pin from the adjustment hole. Slide the band left and right, and reinsert the pin into the adjustment hole at an appropriate length.
- Fasten the flap.
  * Do not push the flap in too hard.

B Type → P. 28
- While pressing the push buttons on both sides of the flap, lift to open the clasp.
- Remove the pin from the adjustment hole. Slide the band left and right, and insert the pin into the adjustment hole at an appropriate length. Push the buckle and fasten the clasp.

C Type → P. 29
How to wear or take off the watch

1. Press the push buttons on both sides of the flap; pull the buckle up. The band will automatically come out of the loop.

2. Place the tip of the band into the movable loop and fixed loop, and fasten the clasp by pressing the frame of the buckle.

3. Pull the pin out of a adjustment hole of the band. Slide the band to adjust its length and find an appropriate hole. Place the pin into the hole.

4. Fasten the flap.

How to adjust the length of the band

1. Press the push buttons on both sides of the flap; pull the buckle up. The band will automatically come out of the loop.

2. Press the push buttons again to unfasten the flap.

How to use an easy adjust type clasp

Some bands are provided with an easy adjust type clasp for fine adjustment of the band’s length. If the clasp of the watch you purchased is as follows, please refer to the following instructions.

* The band can be lengthened by up to about 5 mm. This is useful if the band feels too tight or is uncomfortable for some reason.
**How to wear the band (opening and closing the clasp)**

1. Lightly press the push buttons to open the clasp.
   * Note that pressing the push buttons too firmly (deeply) actuates the adjuster, which lengthens the band.

2. Fasten the clasp by pressing the frame of the buckle.

**How to adjust the length of the band**

1. You can lengthen the band by up to about 5 mm (2 stages) by firmly pressing the push buttons from both sides to actuate the adjuster.

2. Fasten the clasp by pressing the frame of the buckle.
   * Even while the clasp is closed, you can still retract the length of band extended by the adjuster.

* The above illustrations are provided as examples. Some details may differ depending on the model.

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**After sales service**

**Notes on guarantee and repair**
- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee.

Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

**Replacement with functional parts**
- Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

**Inspection and adjustment by disassembly and cleaning (overhaul)**
- Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended approximately once every 2 to 3 years in order to maintain optimal performance of the watch for a long time.
- The power transmission gear of the movement of this watch constantly receives force. To ensure that this mechanism works properly all the time, washing parts, changing oil, adjusting accuracy, checking functions and replacing consumable parts on a regular basis are important. The first overhaul after the purchase of your watch is particularly important for preserving long-time use of your watch. According to use conditions, the oil retaining condition of your watch mechanical parts may deteriorate, abrasion of the parts due to contamination of oil may advance or delay the time significantly, or the watch itself may stop.
- As the parts such as gasket may deteriorate, water resistant performance may be impaired due to intrusion of perspiration and moisture.

Inspection and adjustment by disassembly and cleaning (overhauled) should be performed by the retailer from whom the watch was purchased, and who specifies “SEIKO GENUINE PARTS.” At this time, also request replacement of the gasket and the spring bar.
- When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.
Accuracy of mechanical watches

- The accuracy of mechanical watches is indicated by the “daily rate.”
- The accuracy of mechanical watches may not fall within the specified range of time accuracy because loss/gain changes according to the position of the watch, which is dependent on the conditions of use, such as the length of time during which the watch is worn on the wrist, arm movement, and whether the mainspring is wound up fully or not, etc.
- The loss/gain of mechanical watches is not measured by a daily rate, but by daily rates of one week or so.

Accuracy variation according to temperature

The parts that compose the accuracy of mechanical watches are made of metals. It is well known that metals expand or contract depending on temperatures due to metal properties. This exerts an effect on the accuracy of the watches. Mechanical watches tend to lose time at high temperatures while they tend to gain time at low temperatures.

Troubleshooting

<table>
<thead>
<tr>
<th>Troubles</th>
<th>Possible causes</th>
<th>Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>The watch stops operating.</td>
<td>The mainspring has not been wound.</td>
<td>Wind up the watch as per “How to wind the mainspring” (P. 10) and set the time. If the watch still does not operate, consult the retailer from whom the watch was purchased.</td>
</tr>
<tr>
<td>The watch has been left in extremely high or low temperatures for a long time.</td>
<td>Return the watch to a normal temperature so that it works accurately as usual, and then reset the time. The watch has been adjusted so that it works accurately when it is worn on your wrist under a normal temperature range between 5°C and 35°C.</td>
<td></td>
</tr>
<tr>
<td>The watch temporarily gains/loses time.</td>
<td>The watch has been left close to an object with a strong magnetic field.</td>
<td>Correct this condition by moving and keeping the watch away from the magnetic source, and reset the time. If this action does not correct the condition, contact the retailer from whom the watch was purchased.</td>
</tr>
<tr>
<td>You drop the watch, hit it against a hard surface, or wear it while playing active sports. The watch is exposed to strong vibrations.</td>
<td>If accuracy does not return after setting the time, consult the retailer from whom the watch was purchased.</td>
<td></td>
</tr>
<tr>
<td>The watch has not been overhauled for more than 3 years.</td>
<td>Consult the retailer from whom the watch was purchased.</td>
<td></td>
</tr>
</tbody>
</table>

Troubles Possible causes Solutions

- The date changes at 12 o'clock noon. AM/PM is not properly set. Advance the hands by 12 hours.
- 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.

* For a solution to a problem other than listed above, contact the retailer from whom the watch was purchased.
Specifications

<table>
<thead>
<tr>
<th>Cat.</th>
<th>6R35</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Features</td>
<td>3 hands (hour, minute, second), date display</td>
</tr>
<tr>
<td>2. Vibrations per hour</td>
<td>21,600 vibrations/hour (6 vibrations/sec)</td>
</tr>
<tr>
<td>3. Loss/gain (daily rate)</td>
<td>+25 to -15 seconds at normal temperature range Only if worn on the wrist in a temperature range of 5°C to 35°C.</td>
</tr>
<tr>
<td>4. Driving system</td>
<td>Automatic winding type with manual winding mechanism</td>
</tr>
<tr>
<td>5. Duration</td>
<td>Approx. 70 hours</td>
</tr>
<tr>
<td>6. Jewels</td>
<td>24 jewels</td>
</tr>
</tbody>
</table>

* The accuracy above is factory-adjusted.
* Due to the characteristics of mechanical watches, any actual daily rate may not fall within the range of time accuracy specified above dependent on the conditions of use, such as the length of time during which the watch is worn on the wrist, temperature, arm movement, and whether the mainspring is wound up fully or not, etc.