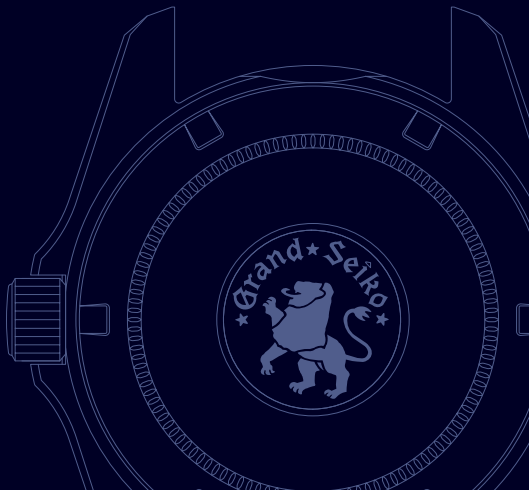
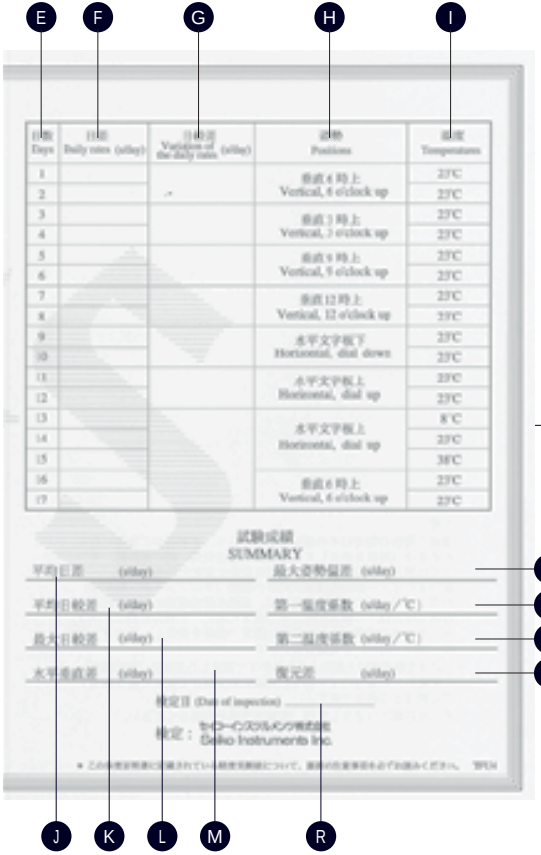
3. 資料・詳細



グランドセイコーは、
SEIKOの時計づくりの伝統と
世界に誇る先進技術のすべてを注ぎ、
製造・検査・検定を実施しています。
その優れた性能を保つために、
使用上の注意やお手入れの方法などを
お読みいただき、末永く、
快適にお使いいただきますよう
お願い申し上げます。



Japanese NEXT

読みかた

English p60

3-1 歩度証明書の読みかた

項目名	検定書に記載されている内容と意味
Ⓐ証明書番号	証明書の固有番号
Ⓑ機械番号	ムーブメントコード
Ⓒムーブメント製造連番	ムーブメントの固有番号
Ⓓケース製造連番	ケースの固有番号
Ⓔ日数	検定日数
Ⓕ日差	1日当たりの進み・遅れの実測値のこと。秒／日の単位で示す。
Ⓖ日較差	同一条件（姿勢・温度・ゼンマイ巻き上げ量）での日差のばらつき（変化量）のことで、秒／日の単位で示す。
Ⓗ姿勢	GS検定中で静置されるムーブメントの姿勢のことで、以下の6姿勢がISO3158で定義されている。 ①垂直・6時上　②垂直・3時上 ③垂直・9時上　④垂直・12時上 ⑤水平・文字板下　⑥水平・文字板上
Ⓘ温度	GS検定中でムーブメントがおかれる温度環境のことで、以下の3温度である。 ①38℃　②23℃　③8℃
Ⓙ平均日差	異なる6姿勢で各2日ずつ実測した合計12の日差データの平均値のことで、秒／日の単位で示す。
Ⓚ平均日較差	異なる6姿勢で各2日ずつ実測した日差の1日目と2日目の日差のばらつき（変化量）6データの平均値のことで、秒／日の単位で示す。
Ⓛ最大日較差	異なる6姿勢で各2日ずつ実測した日差の1日目と2日目の日差のばらつき（変化量）6データ中の最大値のことで、秒／日の単位で示す。
Ⓜ垂直・水平差	日常生活で最も使われると想定される2姿勢における日差の変化を表す。時計を垂直・6時上に置いた場合の2日間の平均日差と、水平・文字板上に置いた場合の2日間の平均日差との差で、秒／日の単位で示す。
Ⓝ最大姿勢偏差	試験初期の12日間の日差と、平均日差との差の最大値。時計の置き方により、日差がどの程度変化しているかを表し、秒／日の単位で示す。
Ⓞ第一温度係数	同一姿勢（水平・文字板上）において、38℃から8 ℃までの環境で1℃あたりの日差の変化を表し、秒／日／℃の単位で示す。
Ⓟ第二温度係数	同一姿勢（水平・文字板上）において、38℃から23 ℃までの環境で1℃あたりの日差の変化を表し、秒／日／℃の単位で示す。
Ⓠ復元差	検定最後の1日の日差から最初の2日間の平均日差を差し引いた値で、時計をある一定期間使用後に、日差がどの程度安定しているかを表し、秒／日の単位で示す。
Ⓡ検定日	検定終了日

3-2 Grand Seiko規格について

■Grand Seiko 規格

項目	単位	規格
平均日差	(s／d)	−3.0 ～ +5.0
平均日較差	(s／d)	1.8以下
最大日較差	(s／d)	4.0以下
水平垂直差	(s／d)	−6.0 ～ +8.0
最大姿勢偏差	(s／d)	8.0以下
第一温度係数	(s／d／℃)	−0.5 ～ +0.5
第二温度係数	(s／d／℃)	−0.5 ～ +0.5
復元差	(s／d)	−5.0 ～ +5.0
検定姿勢数		6姿勢
検定温度		8、23、38℃
検定日数		17日間

現象 時計が動かない。

考えられる原因	このようにしてください
ゼンマイが巻かれていない	●ゼンマイを充分に巻くと動き出します。それでも、動かない場合には、お買い上げ店にご相談ください。

現象 時計が、進む／遅れる。

考えられる原因	このようにしてください
磁気を発生するもののそば（特に携帯電話の近く）に置いた。	●精度は、磁気の発生するものから放せば元にもどります。 ●元にもどらない場合は、時計内部に磁気帯びしたことが考えられますので、お買い上げ店にご相談ください。
ぜんまいが充分に巻かれていない	●手巻時計の場合は毎日同じ時刻に全巻にし、自動巻時計の場合にも運動量が少ないと思われる場合には手で充分に巻き上げることで精度が安定します。
使用方法や生活サイクルが一定でないと精度が変化しやすい。	●歩度証明書によって姿勢差による日差を把握して夜間の置き方を工夫してみてください。
落としたり、激しいスポーツをしたり、気づかないで机の角にぶつけたりすることで時計内部の調整に狂いが生じている。	●再調整が必要となるのでお買い上げ店にご相談ください。
3年を越える長期間、分解掃除による点検調整を行っていない。	●機械の保油状態が損なわれたり、油の汚れによって、機械が正しく動作していないことも考えられますので、お買い上げ店にご相談下さい。

現象 日付が日中に変わる。

考えられる原因	このようにしてください
時刻合わせが12時間ずれている。	●現在の日付に注意して時針を一周進めて（遅らせて）ください。

現象 ガラスのくもりが消えない。

考えられる原因	このようにしてください
パッキンの劣化などにより時計内部に水分が入った。	●水分は機械にも悪影響を及ぼしますので、お買い上げ店にご相談下さい。

現象 リュウズが巻きにくい。

考えられる原因	このようにしてください
リュウズのローレット部分（ギザギザ部分）の摩耗などにより巻きにくくなる。	●時計を裏にして巻いたり角度を変えると巻きやすくなる場合があります。
長期間の使用によるパッキン劣化などにより巻きにくくなる。	●調整・交換などが必要ですので、お買い上げ店にご相談ください。

※その他の現象については、お買い上げ店にご相談ください。

注 意

日常のお手入れ

●ケースやバンドは肌着類と同様に直接肌に接しています。汚れたままにしておくと衣類の袖口を汚したり、かぶれの原因になることがありますので常に清潔にしてご使用ください。
●時計を外したときは、柔らかい布などで汗や水分、汚れをふき取ってください。ケース、バンド及びパッキンの寿命が違ってきます。
●化学薬品（特にベンジン、シンナー、アルコール、洗剤等の有機溶剤）で洗うと化学変化で時計が劣化することがありますのでご注意下さい。

〈革バンド〉

●革バンドは、柔らかい布などで水分を吸い取るように軽くふいてください。こするようにふくと色が落ちたり、ツヤがなくなったりする場合があります。（皮革バンドは材質の特性上、水に濡れると耐久性に影響が出る場合があります）

〈金属バンド〉

●金属バンドは、定期的に柔らかい歯ブラシなどを使い、部分洗いなどのお手入れをお願いします。洗浄後は吸湿性の良い布で水分を充分に拭き取って下さい。

かぶれやアレルギーについて

●バンドは多少余裕を持たせ、通気性をよくしてご使用ください。
●かぶれやすい体質の人や、体調によっては、皮膚にかゆみやかぶれをきたすことがあります。
●かぶれの原因として考えられるのは、
1.金属・皮革に対するアレルギー
2.時計本体及びバンドに付着した汗や汚れなど
によるものです。
●万一肌などに異常を生じた場合は、ただちに使用を中止し、医師にご相談ください。

注 意

防水性能

●時計の文字板または裏ぶたにある防水性能表示をご確認の上、ご使用ください。
●水分のついたままリュウズを回したり、引き出したりしないでください。時計内部に水分が入ることがあります。

裏ぶたの防水表示	使用例 ＼ 防水の基準	雨や洗顔など日常生活で予想される「水がかかる」程度	水に関係の深い仕事（農水産・園芸・食堂など）やスポーツ（水泳やヨット）で使用できる程度	空気ボンベを使用しない潜水（スキンダイビング）で使用できる程度	空気ボンベを使用する潜水（スキューバ潜水）に使用できる	ヘリウムガスを使用する潜水方式（飽和潜水）に使用できる
WATER RESIST 10 BAR	日常生活用強化防水（10気圧防水）	○	○	○	×	×
WATER RESIST 20 BAR	日常生活用強化防水（20気圧防水）	○	○	○	×	×

警 告

●日常生活用強化防水（10、20気圧）の時計は、通常の水泳などには使えますが、飽和潜水／空気潜水には使用できません。

注 意

その他、携帯上ご注意いただきたいこと

●転倒時や他人との接触などにおいて、時計の装着が原因で思わぬケガを負う場合がありますのでご注意ください。
●特に乳幼児を抱いたりする場合は、時計に触れることでケガを負ったり、アレルギーによるかぶれをおこしたりする場合もありますので、十分にご注意ください。
●落としたりぶつけたりはもちろんのこと、激しいスポーツなどによるショックもお避けください。時計が一時的に遅れたり進んだりします。
●バンド着脱の際に、中留などで爪を傷つけるおそれがありますのでご注意下さい。

保管について

●「−10℃〜+60℃からはずれた温度」下では機能が劣化したり、停止したりする場合があります。
●直射日光の当たるところ、高温になるところ、低温になるところに長時間置くと進みや遅れの原因となります。
●磁気の影響(テレビ、スピーカ、携帯電話、磁気ネックレス等)があるところに放置すると進みや遅れの原因となります。
●強い振動のあるところに放置すると、破損や進み遅れの原因となります。
●極端にホコリの多いところに放置しないでください。
●薬品の蒸気が発散しているところや薬品にふれるところに放置すると時計の劣化の原因となります。(薬品の例:ベンジン、シンナーなどの有機溶剤、およびそれらを含有するもの=ガソリン、マニキュア、化粧品などのスプレー液、クリーナー剤、トイレ用洗剤、接着剤など=水銀、ヨウ素系消毒液など)
●温泉や、防虫剤の入った引き出しなど特殊な環境に放置すると時計の劣化の原因となります。
●長時間時計をはずしておくときは、お買い上げの際の化粧箱や同様の箱に入れて、風通しの良い場所で保管することをお勧めします。

定期点検について

●ながく安心してご愛用いただくために、2〜3年に一度程度の分解掃除による点検調整をおすすめします。ご使用状況によっては、機械の保油状態が損なわれたり、油の汚れなどによって部品が磨耗し、時計の進み、遅れが大きくなることがあります。また、パッキン等の部品の劣化が進み、汗や水分の侵入などで防水性能が損なわれる場合があります。ご依頼はお買い上げ店を通してグランドセイコーサービスステーションまでお願いします。
●部品交換の時は、「純正部品」とご指定ください。
●定期点検の際には、パッキンやバネ棒の交換もあわせてご依頼ください。

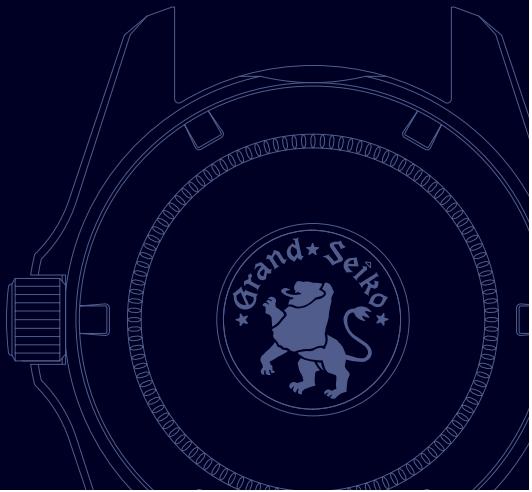
3-5 アフターサービスについて

●お買い求めていただきましたグランドセイコーは、厳重な検査、調整を行った後、お手元にお届けしております。しかし、取扱説明書にそった正常なご使用状態で保証期間内に万一、不具合が生じた場合には、保証書をそえてお買い上げ店へお持ちください。メーカにて無料で修理、調整させていただきます。保証内容は、保証書に記載してあります。
●保証期間経過後の修理およびグランドセイコーについてのご相談は、お買い上げ店でうけたまわっております。なお、ご不明な点は「セイコーウオッチ株式会社お客様相談室(係)」へお問い合わせください。

3-6 補修用性能部品について

●グランドセイコーの補修用性能部品の保有期間は、通常10年間を基準としています。正常なご使用であれば、この期間中は原則として修理可能です。(補修用性能部品とは、時計の機能を維持するのに不可欠な修理用部品です。)
●修理可能な期間はご使用条件によりいちじるしく異なり、精度等が元通りにならない場合もありますので、修理ご依頼の際にお買い上げ店とよくご相談ください。
●修理のとき、ケース・文字板・針・ガラス・バンドなどは、一部代替部品を使用させていただくことがありますのでご了承ください。
その他、ご不明な点がありましたら、「セイコーウオッチ株式会社お客様相談室(係)」にお問い合わせください。

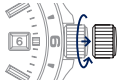
3. Further detailed explanations



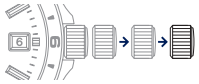
You are now the proud owner of
a Grand Seiko watch.
Grand Seiko watches are designed and
manufactured to operate with extremely
hight accuracy by taking advantage of
SEIKO's more than 100 years of
experience in watchmaking and
the advanced technology that SEIKO
can boast to the world.
To preserve the highest quality of
your Grand Seiko watch,
please read the instructions in
this booklet carefully for
its proper use and care,
and keep this booklet for ready reference.

TO SET THE TIME

Method 01:To set the 24-hour hand to the current time of your area



01 Unscrew the crown by turning it counterclockwise.



02 Pull out the crown to the second click when the second hand is at the 12 o'clock.The second hand stops on the spot.

03 Turn the crown clockwise to set the 24-hour and minute hands to the current time of your area. Check that AM/PM is correctly set.

〈Example〉

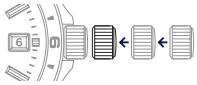
To set 10:00 AM,
set the 24-hour hand to the 5 o'clock position and the minute hand to the 12 o'clock position.

To set 6:00 PM,
set the 24-hour hand to the 9 o'clock position and the minute hand to the 12 o'clock position.

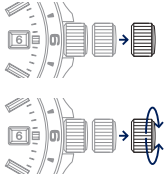
※The hour hand and the date may not indicate the desired time and date. It is not necessary to adjust them at this step as they can be adjusted independently later. (→Refer to P.53 and P.58～59)

※To set the time accurately, first turn the minute hand about 5 minutes behind of the desired time and then advance it slowly to the correct time.

●The telephone time signal service (TEL.117)is helpful in setting the second hand.



04 Push the crown back in to the unscrewed position in accordance with a time signal for "00" seconds. Adjustments of the 24-hour, minute and second hands have been completed.

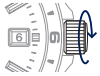


05 Then,pull out the crown to the first click and turn it to the hour hand to the current time.

■The date can be adjusted at this step. (To do so, refer to P.58～59 TO SET THE DATE.)

※Check that AM/PM is correctly set by turning the hour hand past the 12 o'clock marker. If the date changes to the next, the time is set for the AM period. If the date does not change, the time is set for the PM period.

※When setting the hour hand, other hands may move slightly. However, this is not malfunction.



06 After setting the hour hand, push back the crown and screw it completely by turning it clockwise.

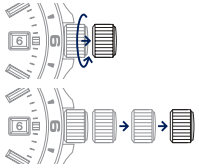
The time setting procedure has been completed.

This use is very convenient when you travel abroad. The 24-hour hand shows the time back home, while the time of the place you visit can be shown by adjusting the hour hand independently of the 24-hour hand. (Refer to P.56～57 TIME DIFFERENCE ADJUSTMENT.)

TO SET THE TIME

Method 02:To set the 24-hour hand to the time of an area in a different time zone

For example, set the 24-hour hand to the Greenwich Mean Time and the hour hand to the current time of Japan



01 Unscrew the crown by turning it counterclockwise.

02 Pull out the crown to the second click when the second hand is at the 12 o'clock.The second hand stops on the spot.

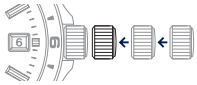
03 Turn the crown clockwise to set the 24-hour and minute hands to the Greenwich Mean Time. Check that AM/PM is correctly set.

〈Example〉

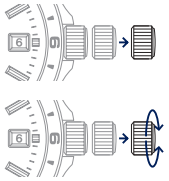
When it is 10:00 AM in Japan, time difference between the Greenwich Mean Time and the time of Japan is –9 hours, so it is 1:00 AM on the Greenwich Mean Time.Therefore, set the 24-hour hand to the middle point between the 12 o'clock and 1 o'clock position, and the minute hand to the 12 o'clock position.

※To set the time accurately, first turn the minute hand about 5 minutes behind of the desired time and then advance it slowly to the correct time.

●The telephone time signal service (TEL.117)is helpful in setting the second hand.



04 Push the crown back in to the unscrewed position in accordance with a time signal for "00" seconds. Adjustments of the 24-hour, minute and second hands have been completed.

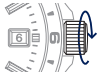


05 Then, pull out the crown to the first click and turn it to the hour hand to the time of Japan.

■The date can be adjusted at this step. (To do so, refer to P.58～59 TO SET THE DATE.)

※Check that AM/PM is correctly set by turning the hour hand past the 12 o'clock marker. If the date changes to the next, the time is set for the AM period. If the date does not change, the time is set for the PM period.

※When setting the hour hand, other hands may move slightly. However, this is not malfunction.



06 After setting the hour hand, push back the crown and screw it completely by turning it clockwise.

The time setting procedure has been completed.

The 24-hour hand shows the time of an area in a different time zone, while the current time of the place you stay is shown by the hour hand independently of the 24-hour hand.To set the 24-hour hand to the time of another area in a different time zone, repeat the steps from 01.

TIME DIFFERENCE ADJUSTMENT

■How to determine the time differences between two areas

●Before making the time difference adjustment, it is necessary to obtain the time differences between the two areas.

●Even if the hour hand is turned to show the time of any place, AM/PM and the date of the place may not be adjusted properly. Before setting the hand, therefore, be sure to find the time difference between two areas following the procedure below.

〈How to calculate the time differences〉

Assuming that you move from time zone "A" to time zone "B" and that the time difference from GMT for the two time zones are "a" and "b", respectively, time difference between them can be obtained from the following formula: 〔b〕—〔a〕

〈Example : If you move from Japan to New York〉

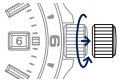
Time difference from GMT for Japan,
time zone A: 〔a〕=+9
Time difference from GMT for New York,
time zone B: 〔b〕=−5
○Time difference between the two cities is:
〔b〕—〔a〕=(−5)−(+9)=(−14)hours

※Time difference from Japan (Japan Standard Time) is shown in P.21.

※If the daylight saving time is in effect in an area, add one hour to the time difference from GMT before calculation.

■Time difference adjustment

●Set the hour hand to the time of any area using the time difference obtained in "How to calculate the time differences"



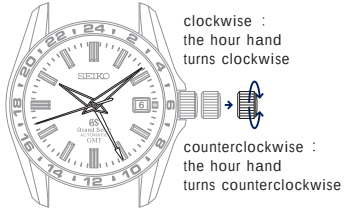
01 Unscrew the crown by turning it counterclockwise.

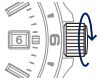
02 Pull out the crown to the first click.

03 Turn the crown to set the hour hand to the time of any area.

※When setting the hour hand, other hands may move slightly. However, this is not malfunction.

※If you set the date between 10 PM and 0 AM by turning the hour hand counterclockwise, turn the hour hand until it shows sometime between 9 PM and 10 PM once, then set the date. In case the hour hand is turned counterclockwise, the date will be put back when the hour hand shows around 10 PM, however, it is not malfunction.

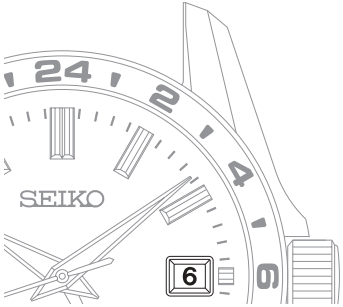




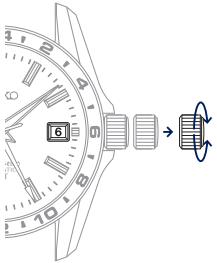
04 After setting the hour hand, push back the crown and screw it completely by turning it clockwise.

TO SET THE DATE

This watch is so designed that the date changes one day by turning the hour hand two full circles at the maximum in the way as "time difference adjustment". By turning the hour hand two full circles clockwise at the maximum, the date advances one day, and by turning it two full circles counterclockwise at the maximum, the date is put back one day.



clockwise :
The hour hand turns clockwise, and the date advances.



counterclockwis :
The hour hand turns counterclockwise, and the date is put back.

01 Unscrew the crown by turning it counterclockwise.

02 Pull out the crown to the first click.

03 Turn the crown to set the date. By turning the hour hand two full circles clockwise or counterclockwise at the maximum, one day is advanced or put back, respectively.

※When setting the hour hand, other hands may move slightly. However, this is not malfunction.

04 After setting the date, reset hour hand to the current hour, and then, push the crown back and turn it clockwise until it locks in place.

※Check that AM / PM is correctly set by turning the hour hand past the 12 o'clock marker. If the date changes to the next, the time is set for the AM period. If the date does not change, the time is set for the PM period.

※If you set the date between 10 PM and 0 AM by turning the hour hand counterclockwise, turn the hour hand until it shows sometime between 9 PM and 10 PM once, then set the date. In case the hour hand is turned counterclockwise, the date will be put back when the hour hand shows around 10 PM, however, it is not malfunction

【Date adjustment at the end of the month】
It is necessary to adjust the date at the end of February and 30-day month.
《Example :To adjust the date in the AM period on the first day of a month following a 30-day month.》
①The watch displays "31" instead of "1". Unscrew the crown by turning it counterclockwise and pull it out to the first click.
②Turn the crown clockwise to set the date to "1". After that, push back the crown and screw it completely by turning it clockwise.

3-1 Explanation for each term in the rating certificate

terms	Explanation
Ⓐ Certificate No.	Unique number of the rating certificate
Ⓑ Caliber No.	Code number of the movement
Ⓒ Movement serial No.	Unique number of the movement
Ⓓ Case serial No.	Unique number of the watch case
Ⓔ Order of days of inspection	Order of days of inspection
Ⓕ Daily rates	Measured loss or gain per day;expressed in seconds / day
Ⓖ Variation of the daily rates	Fluctuation of the daily rate under certain fixed conditions (position, temperature, the degree to which the mainspring is wound up) ;expressed in seconds / day
Ⓗ Positions	This refers to resting positions which the watch movement is placed during the certification tests on Grand Seiko. The following 6 positions are specified in ISO 3158. ①Vertical, 6 O'clock UP : 6U ②Vertical, 3 O'clock UP : 3U ③Vertical, 9 O'clock UP : 9U ④Vertical, 12 O'clock UP : 12U ⑤Horizontal, Dial Down : DD ⑥Horizontal, Dial Up : DU
Ⓘ Temperatures	This refers to the temperature environment in which the watch movement is placed during the certification tests on Grand Seiko. The test conditions are as follows; ①38℃ ②23℃ ③8℃
Ⓙ Mean daily rate in different positions	This refers to the mean value of 12 daily rate measurements taken over 12 days with the watch movement placed in the 6 different positions specified above for 2 days each ; expressed in seconds / day
Ⓚ Mean variation	This refers to the mean value of the 6 differences in daily rate between the first and second day measured with the watch movement in each of the 6 positions ; expressed in seconds / day
Ⓛ Maximum variation	This refers to the maximum value of the 6 differences in daily rate between the first and second day measured in each of the 6 positions ; expressed in seconds / day
Ⓜ Difference between flat and hanging position	This refers to the difference in daily rate between the two most typical positions while the watch is actually in use. Namely, this is the difference between the mean daily rate measured over 2 days with the watch movement in the 6U position and the corresponding measurement in the DU position ; expressed in seconds / day
Ⓝ Greatest difference between the mean daily rate and any individual rate	This is the maximum of the differences between each of the daily rates measured over the first 12 days of tests and their mean value. It indicates how the daily rate changes depending on the resting positions of the watch movement ; expressed in seconds / day
Ⓞ First variation of rate per 1℃ (from 38℃ to 8℃)	This indicates the change in daily rate per degree Centigrade of temperature in the same resting position (DU) when the temperature is changed from 38℃ to 8℃ ; expressed in seconds / day / ℃
Ⓟ Second variation of rate per 1℃ (from 38℃ to 23℃)	This indicates the change in daily rate per degree Centigrade of temperature in the same resting position (DU) when the temperature is changed from 38℃ to 23℃ ; expressed in seconds / day / ℃
Ⓠ Rate-resumption	This refers to the value obtained by subtracting the mean daily rate measured over the first 2 days of the tests from the daily rate measured on the last day of the tests. It provides a measure of the stability of daily rate after a specified period of use ; expressed in seconds / day
Ⓡ Date of inspection	Description of the date when all the inspections have been finished.

3-2 Grand Seiko STANDARD

■Explanation for terms of Grand Seiko standard

Terms	Unit	Standard
Mean daily rate in different positions	(s/d)	−3.0 ～ +5.0
Mean variation	(s/d)	less than 1.8
Maximum variation	(s/d)	less than 4.0
Difference between flat and hanging position	(s/d)	−6.0 ～ +8.0
Greatest difference between the mean daily rate and any individual rate	(s/d)	less than 8.0
First variation of rate per 1℃ (from 38℃ to 8℃)	(s/d/℃)	−0.5 ～ +0.5
Second variation of rate per 1℃ (from 38℃ to 8℃)	(s/d/℃)	−0.5 ～ +0.5
Rate-resumption	(s/d)	−5.0 ～ +5.0
Number of positions in inspection		6 positions
Condition of temperature in inspection		8、23、38℃
Total days of inspection		17days

Trouble The watch stops operating

Cause	Solution
The mainspring of the watch is not wound up.	●Turn the crown or swing the watch to wind up the mainspring. If the watch does not start, contact the retailer from whom the watch was purchased.

Trouble The watch gains/loses time too much.

Cause	Solution
The watch was brought into close contact with a magnetic object.	●This condition will be corrected when the watch is kept away from close contact with a magnetic object. ●If this condition is not corrected by following the above procedure, contact the retailer from whom the watch was purchased.
The mainspring of the watch is not wound up sufficiently.	●To stabilize the accuracy of the watch, in case of a wind-up type mechanical watch, wind it up every day at a fixed time. In case of a self-winding watch, wind it up sufficiently by hand if it does not seem to be fully wound up.
The accuracy of the watch tends to become unstable if the way of using it or the life pattern is not fixed.	●See Rating Certificate and check the differences of daily rates depending on the position of the watch. And find the better position for leaving the watch at night to stabilize the accuracy.
You dropped the watch, wore it while playing active sports, or hit it against the corner of the desk unconsciously. That causes inaccuracy in the inside movement of the watch.	●It is necessary to readjust the watch. Contact the retailer from whom the watch was purchased.
The watch has not been checked for a long period. ex.) more than 3 years	●The watch may not be operating properly because its oil keeping condition is spoiled, or the oil becomes soiled. Contact the retailer from whom the watch was purchased.

Trouble The date changes at 12 o'clock noon.

Cause	Solution
The time has been set improperly.	●Reset the hour hand by 12 hours.

Trouble Blur in the display persists.

Cause	Solution
Small amount of water has got inside the watch due to deterioration of the gasket,etc.	●Water is harmful to the mechanism of the watch. Contact the retailer from whom the watch was purchased.

Trouble Hard to wind up the crown.

Cause	Solution
the knurl of the crown is worn out, etc.	●Turn the watch upside down or put it in the different angle from usual to wind up the crown from the other side. Then it may be easier to wind it up.
The gasket of the crown is deteriorated since it has been kept used for a long time, etc.	●It is necessary to adjust or change parts of the watch. Contact the retailer from whom the watch was purchased.

※For the solution of troubles other than above, contact the retailer from whom the watch was purchased.

CAUTION

CARE OF YOUR WATCH

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of 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.
- Do not clean the watch with chemicals (especially with organic solvents such as benzene, thinner, alcohol, detergent, etc.). Otherwise, the watch may be deteriorated.

〈LEATHER BAND〉

- When removing moisture from a leather band, do not rub the band with the cloth as they may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
- Please note that leather bands may become less durable when they are moistened.

〈METAL BRACELET〉

- Clean the watch bracelet with a soft toothbrush dipped in water or soapy water.

CAUTION

〈RASH AND ALLERGY〉

- Adjust the bracelet and 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 cause 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.

CAUTION

WATER RESISTANCE

- Check the dial or case back of your watch for the water resistant quality, and then see the table below.
- Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

Indication for water resistance on the case back	Condition of use / Degree of water resistance	Designed and manufactured to withstand accidental contact with water such as splashes and rain.	Suitable for swimming, yachting and other aquatic sports as well as for works closely associated with water such as kitchen work, watering and fishing.	Suitable for shallow diving without a heavy breathing apparatus.	Genuine diving using scuba.	Genuine diving using helium gas
WATER RESIST 10 BAR	Water resistance (10 bar)	○	○	○	×	×
WATER RESIST 20 BAR	Water resistance (20 bar)	○	○	○	×	×

WARNING

- Do not use this watch in saturation diving or scuba diving

CAUTION

PRECAUTIONS ON WEARING YOUR WATCH

- 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 rush caused by allergy.
- Do not drop the watch or hit it against a hard surface and not wear the watch while playing active sports. The watch may gains / loses time.
- Be careful not to injure your nails with the clasp of the watch when you wear or take off the watch.

PLACES TO KEEP YOUR WATCH

- If the watch is left in a temperature below −10℃ or above +60℃ for along time it may function improperly or stop operating.
- Do not leave the watch for a longtime under direct sunlight or in places where temperatures become extremely high or low. Otherwise the watch may gain or lose time too much.
- Keep the watch away from magnetic objects (TV, speaker, cellular mobile phone, magnetic necklace, etc.). Otherwise the watch may gain or lose time too much.
- Do not leave the watch where it is exposed to strong vibrations. Otherwise the watch may be damaged or may gain or lose time too much.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases of medicines or chemicals. Otherwise the watch may be damaged.
- Do not leave the watch in unusual circumstances such as hot springs, drawers having insecticides inside. Otherwise the watch may be deteriorated. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- If the watch is not worn for a long time, put it in its box (which the watch was in when it was purchased) or alike, and keep the box in airy place.

PERIODIC CHECK

- Checking and overhaul of the watch will be performed by SEIKO. When you take the watch to the retailer from whom it was purchased, request that the watch will be checked and overhauled by SEIKO.
- We suggest that you have your watch checked by SEIKO 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 replacing the parts, please specify "SEIKO GENUINE PARTS. "Be sure to have the gasket and push-pin replaced with new ones when checking the watch.

3-5 REMARKS ON AFTER-SALES SERVICING

- Your Grand Seiko watch was strictly checked and completely adjusted at the factory to ensure its high accuracy. However, if your watch gets out of order with the correct way of use as described in this instruction booklet within the guarantee period, take your watch to the dealer from whom your watch was purchased together with the certificate of guarantee. Repair and adjustment will be made without charge.
  For repair after the guarantee period or for any other information regarding the watch, contact the retailer from whom your watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO WATCH CORPORATION

3-6 REMARKS ON REPLACEMENT PARTS

- SEIKO makes it policy to usually keep a stock of spare parts for Grand Seiko watches for 10 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 may be replaced with substitutes if the originals are not available.
- For any other information, contact the retailer from whom your watch was purchased or the "CUSTOMER SERVICE DEPARTMENT" of SEIKO WATCH CORPORATION.

セイコーウオッチ株式会社

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