

■ How to start a mechanical watch

- Cal. 4206, 4207, 4217, 7002, 7009, 7019, 4S15, 7S25, 7S26, 7S35, 7S36, 7S55

To initially start your watch, swing it from side to side in a horizontal arc for about 30 seconds.

- Cal. 4206, 4207, 4217, 4S15

These watches can also be started by winding the crown.

Note: If the watch is worn daily, SEIKO's automatic mechanism will wind the mainspring automatically through normal wrist movements.

HOW TO USE THE WATCH

Set the time/calendar following the instruction pertaining to your watch type.

TIME SETTING FOR MODELS WITHOUT CALENDAR



1. Pull out the crown all the way.
 - * If your watch has three hands, pull out the crown when the second hand is pointing to 12 o'clock.
2. Adjust the time by turning the crown in the desired direction.
3. Push the crown back in to the normal position.
 - * If your watch has three hands, push the crown back in to the normal position in accordance with a time signal for "00" seconds.