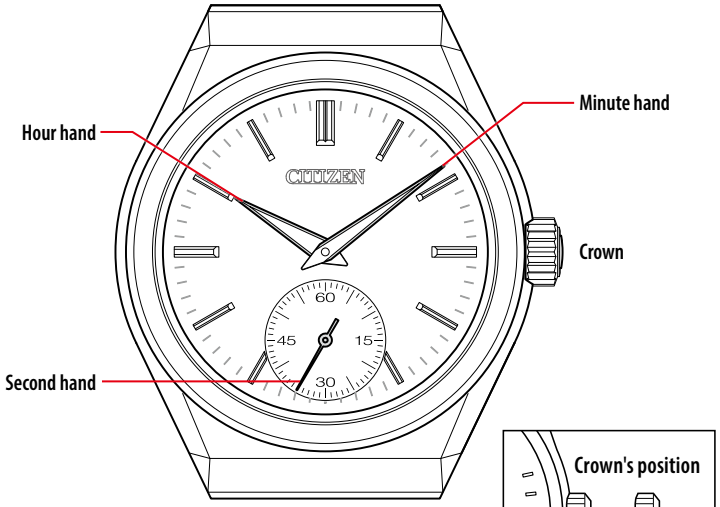
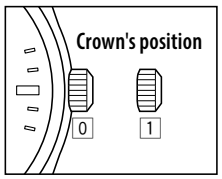
• To see details of specifications and operations, refer to the instruction manual: : 0200 instruction manual:

Component identification





• Actual appearance may differ from the illustrations.

Winding the mainspring

This is an automatic mechanical watch powered by a spring.

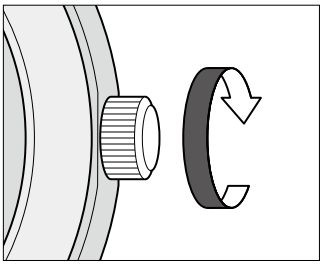
When wearing the watch, your arm's movement rotates the oscillating weight to wind the mainspring automatically.

- When your arm's movement is small and/or a few, winding will become insufficient. We recommend to wear the watch as long as possible or wind the mainspring manually in such cases.
- When not worn, the mainspring will run out in about 2 or 3 days and the watch will stop.

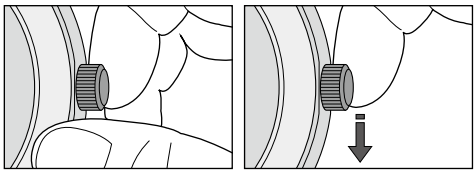
Winding the mainspring manually

1. Push the crown in to position 0.

2. Hold the crown with your thumb and index finger and rotate it clockwise slowly.



• Rubbing down the crown from the back side of the watch can also rotate it.



- When the watch is stopped, turning the crown about 45 times will wind the mainspring fully.
- Once the mainspring is wound fully, the watch will run for about 60 hours.
- Rotating the crown further after the mainspring was wound fully does not damage the mainspring.

Setting the time

Setting the time

1. Pull the crown out to position 1 when second hand points 0 second.

The second hand stops.

2. Rotate the crown to set the time.

- The hour and minute hands move synchronously as you rotate the crown.

3. Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

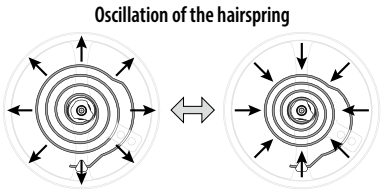
About mechanical watches

Accuracy of a mechanical watch may be affected by using conditions such as below.

Winding amount of the mainspring	A mechanical watch keeps its accuracy best when its mainspring is sufficiently wound.
Posture of the watch	Accuracy of a mechanical watch varies affected by gravity. The accuracy varies as the result that the watch may take various attitude while worn and gravitate to a different direction every moment.
Temperature	Metal parts are used for the part for keeping accuracy in a mechanical watch. The accuracy varies affected by their thermal expansion and contraction and change of physical characteristics of a spring owing to temperature variation. * It is reccomended to use this watch within +8 °C - +38 °C (46 °F - 100 °F).
Magnetism	Metal parts are used in a mechanical watch. Magnetism affects them and accuracy of the watch in consequence. Do not bring it close to things which have or generate strong magnetism.
Impact and others	Strong shocks and continuous vibration may also affect the accuracy.

Taking care of magnetism of your surroundings

The most important part in a mechanical watch for its time accuracy is "balance". The balance has a very small and thin spring (hairspring). It oscillates in a certain period of time to keep accuracy of a mechanical watch.



Oscillation of the hairspring may fluctuate and total movement of a mechanical watch is consequently affected much if a thing with strong magnetism exists its nearby.

Everyday items with strong magnetism
Notebook computer, smartphone, tablet, tablet cover, speaker, earphones, headphones, clasps of handbags, magnets used in the latches of refrigerator doors, magnetic health devices, etc.

Keep the devices and equipment at least 5 cm away from the watch.