

Regarding your Seiko automatic watch !

- Most Seiko automatic caliber cannot be hand-wind, you have to wear the watch or gently shake it (using the "Seiko-swing")
- Pull out the crown to the first click with your nail (first screw it loose when it's a diver). For date adjustment rotate the crown away from you, for day adjustment turn it towards you.
- At the second click you can change the date.
- **WATCH OUT:** do not change day or date when the time is between **11 and 3!!**
- Diver: push the crown in, turning it clockwise. Do not push to hard, the tread must "pick up" the crown. Do not use force because you will damage the tread. Do not use too much force, water-resistance is because of a rubber gasket around the stem, not because of turning the screw in very tight.
- Do not change day/date/time when wearing the watch. The power that is applied on the crown and stem is best applied straight instead of under an angle.
- when you receive an automatic watch, or you have not been wearing it for a long period, it's good to first turn around the time 48 hours to move the lubricant around. Then use the Seiko-swing for about a minute to start her up.

Seiko Series SKX (7S26) Automatic Diver's Watch

FEATURES

- ◆ Hour, minute and second hands.
- ◆ Date calendar.
- ◆ 200 meter water resistance- suitable for scuba diving.
- ◆ Rotating bezel can measure elapsed time up to 60 minutes.
- ◆ Screw down crown.
- ◆ Luminous

HOW TO START WATCH

To initially start your watch, swing it from side to side in a horizontal arc for about 30 seconds.
*If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.

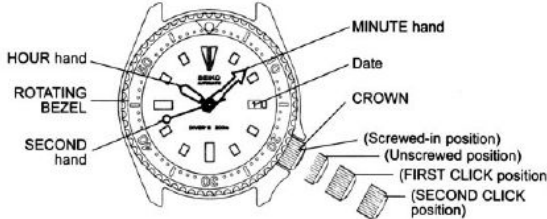
HOW TO SET TIME/CALENDAR

1. Unlock crown by turning counter clockwise.
2. Pull crown out to first click, set date to previous date.
*Do not change the calendar between 9:00 p.m. and 4:00 a.m. Otherwise it may not change properly.
3. Pull crown out to second click when second hand is at 12 o'clock position.
Advance hour and minute hands until the current date appears.
Continue to adjust hands to current time.
If you pass 12 o'clock position again the time will indicate p.m.
4. Push crown back into normal position. While pressing, turn clockwise to lock.

HOW TO USE THE ROTATING BEZEL

1. Align the mark with the minute hand and turn bezel to desired time to be measured.
2. Read the number on the rotating bezel that the minute hand points to.
That is how much time will be measured.

* For safety's sake, the rotating bezel rotates only counterclockwise, so that the time measured is never shorter than the actual elapsed time.



Seiko-swing:

HOW TO USE AN AUTOMATIC-WINDING WATCH:

Seiko's automatic mechanism winds the mainspring automatically through normal arm-wrist movement. To start the watch for the first time, hold it as shown in the drawing and swing it in a horizontal arc for about 30 seconds. This is sufficient to start the watch running before putting it on your wrist.

