



**1. Time setting**

- 1) Pull out the crown to the second click position.
- 2) Turn the crown to set hour and minute hands.  
(Check that AM/PM is set correctly.)
- 3) Push the crown back into the normal position.

**2. Date setting**

- 1) Pull out the crown to the first click position.
- 2) Turn the crown to left for date setting.  
\* Do not set the calendar between 10:00 P.M. and 1:00 A.M.  
If the setting of the calendar is made during this period, the date will not change to the next date.  
Please set the calendar after changing the time other than the above period.
- 3) Turn the crown to right for day setting. (Cal.NH16A only)
- 4) Push the crown back into the normal position.

**3. To wind up the mainspring**

- a) Manual winding (Rotate the crown clockwise at normal position)  
Fully wound up by turning the crown minimum 55 times.
- b) To wind up with winding machine.  
Full wind up conditions (Reference information)
  - Rotary speed : 30 rpm
  - Operating time : 60 minutes