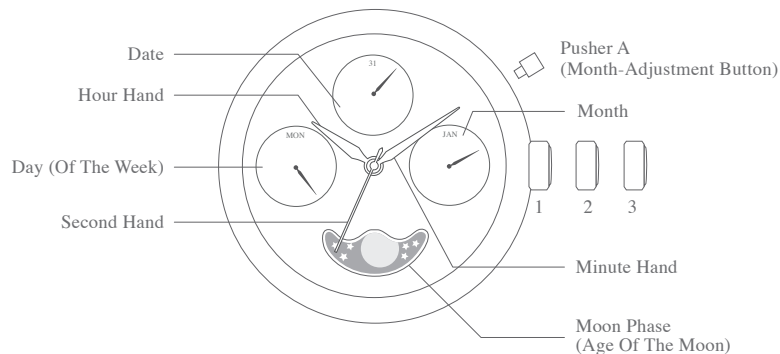


JAPAN QUARTZ 3 HANDS MULTIFUNCTION
(DAY, DATE, MONTH AND MOON PHASE)

A) DISPLAY



B) SETTING THE DAY

- Pull the crown out to the Position 3 to stop the second hand at 0 (12 o'clock).
- Turn the hour / minute hands in a clockwise direction to set a day, you must advance the hour hand by 24 hours per day.

NOTE:

- * If the day is set by turning the crown counterclockwise, there is the possibility the date will not change over. Do not set the day by turning the crown in counterclockwise direction.
- * The day changes somewhere between 12:00 a.m. and 5:30 a.m. or a little later.

C) SETTING THE TIME

After setting the day, set the hour (and 24 hour) and minute hands.

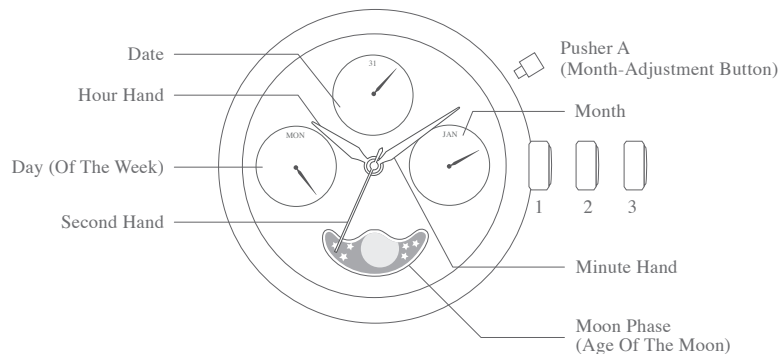
Turn the hour/minute hands in a clockwise direction to set the time. To ensure time is set accurately, first turn the minute hand 5 minutes ahead of desired time and then turn back (in a counterclockwise) to the desired time. After setting the time, use a time signal to synchronize the watch by pushing the crown to the normal position to start the second hand going.

NOTE:

- * Make sure you have correctly set AM/PM before setting the time. When the day changes over, it is a.m. (Day changes over between 12:00 a.m. and 5:30 a.m. or little later)

*JAPAN QUARTZ 3 HANDS MULTIFUNCTION
(DAY, DATE, MONTH AND MOON PHASE)*

A) DISPLAY



D) SETTING AND READING THE AGE OF THE MOON

* The moon phase represents the age of the moon, the actual shape of the moon during each phase is not represented.

* Use the moon phase only as a guide to the age and phase of the moon when reading and setting the watch.

D-1) SETTING THE AGE OF THE MOON

- Pull the crown to position 2.

- Turn the crown clockwise to advance the moon phase.

D-2) SETTING THE AGE OF THE MOON WITH AGE SCALE

* Check the age of the moon for the day. Check the newspaper or other source for either the age or phase of the moon for today or tomorrow. Subtract one day before a setting is made if the listings for tomorrow are used.

* Setting procedure (Example: age of the moon: 4.4)

- Pull the crown to position 2.

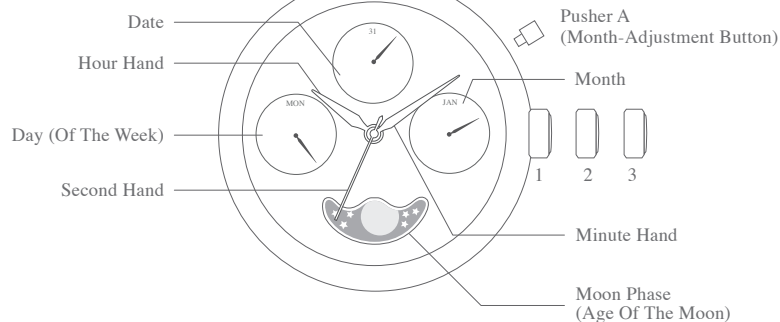
- Turn the moon disc clockwise until the center of the moon is in line with 4.4 on the scale.

D-3) SETTING THE AGE OF THE MOON WITHOUT THE AGE SCALE

* Check the newspaper or other source that lists current age or phase of the moon. Referring to Section D; reading the age of the moon, set the moon phase to the age (0, 7, 15 or 22) closest to the listed. A more accurate setting can be made at the same time of the new moon (0) or full moon(15).

*JAPAN QUARTZ 3 HANDS MULTIFUNCTION
(DAY, DATE, MONTH AND MOON PHASE)*

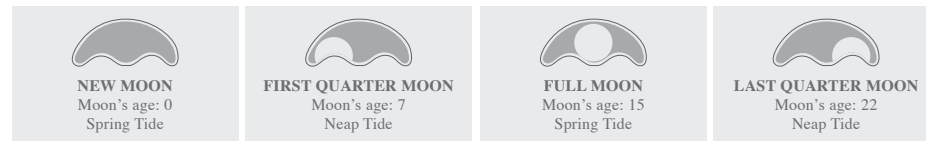
A) DISPLAY



THE AGE OF THE MOON

The age of the moon is measured in units of days. The average period from a new moon to the next new moon is equivalent to about 29.5 days.

D-4) READING THE AGE OF THE MOON



* From the phase of the moon in the display, you can tell the size of the tide.

* If you want to set the phases of the moon more accurately, we recommend setting it at the time of a New Moon (The Moon is hidden in the display) or a Full Moon (The Moon appears fully in the display).

E) SETTING THE MONTH (BY QUICK OPERATION)

Each time the month-adjustment button is pushed, the month advances one month at a time.

Be sure to press firmly on the button when changing the month.

NOTE:

- * Do not set the month when the date hand is between the 26th and 31st. Move the date hand out of this period. After this operation, return the date hand to the proper setting. (When the date hand is between the 26th and 31st, month quick setting can not be made or if a quick setting is attempted, the month may not advance to the next month as normal.)
 - * The month and date are synchronized as such that when adjusting the date at the end of short months (less than 31 days), the month automatically adjusts to the correct month.
- The month disc changes around midnight of the 31st of the month.**

F) SETTING THE DATE (BY QUICK OPERATION)

Pull the crown to position 1. Turn the crown counterclockwise to set the date quickly.

NOTE:

- * Do not set the date between the hours 9:00 p.m. and 12:30 a.m.. The date may not change correctly the next day.