



### 1.How to set the time

- 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.How to set the Date & Time difference

- 1) Pull out the crown to the first click position.
- 2) Turn the crown to left for date setting.
- 3) Turn the crown to right for day setting. (Cal.NH36A only)  
\*Do not set the date between 9:00 P.M. and 4:00 A.M. as this will cause a malfunction.
- 4) Turn the crown to right for 24 hour hand setting. (Cal.NH34A only)
- 5) 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. It will start to move naturally after shaking slightly.
- b) To wind up with winding machine.  
Full wind up conditions (Reference information)
  - Rotary speed : 30 rpm
  - Operating time : 60 minutes