

Before using your watch, please read the instructions in this manual carefully for its proper use and care, and keep this manual for ready reference.

**WARNING**

The symbol and character indicate that unless the following safety regulations are strictly observed, serious personal injury may result.

**CAUTION**

The symbol and character indicate that unless the following safety regulations are strictly observed, slight personal injury or damage to tangible property may result.

**REMARKS ON THE BATTERY**

**WARNING**

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.

**CAUTION**

- Never short-circuit, heat or otherwise tamper with the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.
- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- If the watch is left in a temperature below +5°C or above +35°C for a long time, the battery leakage may result, causing the battery life to be shortened.

**NOTES ON THE BATTERY**

- (1) Battery life.....Approx. 3 years
- (2) Monitor battery  
The battery in your watch may run down in less than the specified period after the date of purchase, as it is a monitor battery inserted at the factory to check the function and performance of the watch.
- (3) Battery change
  - For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or the SII watch service center.
  - If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. have it replaced with a new one as soon as possible.
  - Battery replacement is charged even if it runs down within the guarantee period.

**REMARKS ON THE REPLACEMENT PARTS**

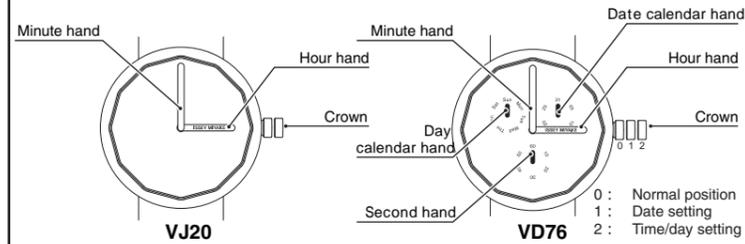
- (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- The number of years that a watch is considered repairable may vary greatly depending on the conditions under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased when having the repair your watch.
  - The case, dial, hands glass and band, or parts thereof may be replaced with substitutes if the originals are not available.

**REMARKS ON AFTER-SALES SERVICING**

- If the watch requires service, take it to the shop from whom the watch was purchased. If the trouble occurs within the guarantee period, submit the certificate of guarantee together with the watch.
- For repair after the guarantee period or for any other information regarding the watch, contact the shop from whom the watch was purchased. If there are any unclear points, contact the SII watch service center.
- Guarantee coverage is spelled out in the certificate of guarantee. Please read it carefully and keep the certificate for ready reference.

**HOW TO USE**

**PART NAMES**



**TIME/DATE/DAY SETTINGS**

**VJ20**

- (1) Pull out the crown.
- (2) Turn the crown to set the time. The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time. When setting the time, the minute hand may move. This does not mean malfunction. In that case, be sure to reset the time before use.
- (3) Push the crown back in to the normal position. This is an example when both hands indicate just 11:00.

**VD76**

- (1) Pull out the crown to the second click when the second hand is at the 12 o'clock position, and the second hand stops.
- (2) Turn the crown rotation to set the day of the week. Turn the crown to set the hour and minute hands to the time. (Check that AM / PM is set correctly.) \* Do not set the date between 10:00 P.M. and 1:00 A.M.. Otherwise, the date may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then reset the correct time.
- (3) Push the crown back in to the normal position in accordance with a time signal.
- (4) Pull out the crown to the first click.
- (5) Turn the crown counterclockwise to set the date.
- (6) Push the crown back in to the normal position.

**TO PRESERVE THE QUALITY OF YOUR WATCH**

**CARE OF YOUR WATCH**

**CAUTION**

- The case and band touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
- After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket. **LEATHER BAND**
- When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth. **METAL BAND**
- Clean the watch band with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.

**RASH AND ALLERGY**

**CAUTION**

- Adjust the band so that there will be a little clearance between the band and your wrist to avoid accumulation of perspiration.
- If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.
- The possible causes of the rash are as follows:
  1. Allergy to metals or leathers
  2. Rust, dust or perspiration on the watch or band
- If you develop any skin reactions, take off the watch and consult a doctor immediately.

**PRECAUTIONS ON WEARING YOUR WATCH**

**WARNING**

- In case you tumble, fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
- When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.
- Be careful not to drop or hit the watch against hard objects. Do not wear the watch when you play active sports. It may stop or move incorrectly.

**CAUTION**

- When clasping and unclasping the band, you may damage your nail, depending on the type of stopper attached to the band.

**PLACES TO KEEP YOUR WATCH**

- If the watch is left in a temperature below -5°C or above +50°C for a long time, its performance may be impaired or it may stop operating.
- Do not leave the watch in a place where it is subjected to strong magnetism.
- Do not leave the watch where there is strong vibration.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

**WATER RESISTANCE**

- The watch is 3 bar water resistant, and is designed to withstand accidental contact with water, such as splashes and rain. Do not use it in water.
- Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

**PERIODIC CHECK**

- We suggest that you have your watch checked by the retailer from whom the watch was purchased every 2 or 3 years. Depending on how the watch is used, the lubrication of the watch mechanism may become insufficient, parts may become worn due to impurities in the lubricating oil, or the watch may be running noticeably fast or late. Seals, etc., may also become worn and the watch may stop being waterproof. Take your watch to the retailer from whom you purchased it for inspection and adjustment through disassembly/cleaning.
- When replacing the parts, please specify "GENUINE PARTS".
- Be sure to have the gasket and push-pin replaced with new ones by the retailer from whom the watch was purchased when checking the watch.

**BAND REPLACEMENT**

- For band replacement, be sure to have the band replaced with a new one at the retailer from whom the watch was purchased or the SII watch service center. If you replace it yourself, a malfunction may be caused.

**SPECIFICATIONS**

- (1) Frequency of crystal oscillator..... 32,768 Hz (Hz = Hertz ... Cycles per second)
  - (2) Loss/gain (Monthly rate).. ± 20 seconds when used on the wrist approximately 12 hours a day, at normal temperature range (5°C to 35°C)
  - (3) Operational temperature range.... -5°C to +50°C
  - (4) Driving system ..... Step motor for the time indication
  - (5) Battery ..... Silver oxide battery 1 piece  
SR621SW (for VJ20), SR626SW (for VD76)
  - (6) IC (Integrated Circuit) ..... C-MOS-LSI, 1 piece
- The specifications are subject to change without prior notice for product improvement.