



## **A MECHANICAL AUTOMATIC WATCH: THE BASICS**

### **What is an Automatic watch?**

An automatic is a mechanical watch whose mainspring is wound as a result of the wearer's arm motion.

### **How does an automatic watch work?**

The movement of the wrist and body causes the rotor, a metal weight attached to a winding mechanism, to pivot freely on its staff in the center of the movement. The rotor rotates back and forth in a circular motion at the slightest action of the wrist. The rotor's movement winds the mainspring, a flat coiled spring that powers mechanical watches.

### **How much motion does an automatic watch need to work properly?**

A person's normal arm and wrist motion will keep an automatic watch properly wound. People who are very inactive may need to wind their watch to keep it powered.

### **Is it safe to wind an automatic watch by hand?**

Sure. Winding the watch won't hurt it at all. If you haven't worn an automatic in a while, it is best to wind the stopped watch before putting it on. Fifteen to twenty turns of the crown is usually enough to give full power to the mainspring.

## **GENERAL INSTRUCTION MANUAL**

### **A: Winding the mainspring**

1. Automatic winding watches can also be hand wound by turning the crown in the "1st position" (this position is the natural position after "unscrewing" the crown from its watertight, screwed-in position).
2. Unscrew the crown anti-clockwise until you feel it has unscrewed. Then wind 15-20 times and it will start to move naturally. Sometimes a soft shake is needed to get it started.

*note - this will need to be done first to all models before you make any settings to your watch.*

### **B: SETTING THE TIME**

1. Unscrew crown anti-clockwise until you feel it has unscrewed. Then pull the crown out to the 3rd position (pulled right out).
2. Turn the crown to set hour and minute hands.
3. Push the crown back to the normal position. Then turn 1/4 of a turn anti-clockwise keeping gentle downward pressure on crown and then reverse the turn clockwise while maintaining downward pressure on the crown. Continue until crown is finger tight.



### **C: SETTING THE DATE**

1. Unscrew crown anti-clockwise until you feel it has unscrewed. Then pull the crown out to the 2nd position.
2. Turn the crown anti-clockwise to set the date. CAUTION: never do this with the hands in between the 22.00 and 02.00 time as this can damage the time change gears. If necessary, advance the time first and adjust the date when in between 02.00 am and 22.00 pm.
3. Push the crown back to the normal position. Then turn 1/4 of a turn anti-clockwise keeping gentle downward pressure on crown and then reverse the turn clockwise while maintaining downward pressure on the crown. Continue until crown is finger tight.

### **D: SETTING AND USING THE DIVE BEZEL**

1. The dive bezel can only be turned anti-clockwise for safety reasons. In order to adjust, take the bezel in between thumb and index finger and turn it into the desired position, placing the "pearl" at the minute hand position.
2. In this way, you will be able to monitor the time passed after dive-start up to 60 minutes. This function can also be used to time other events.
3. We advise the use of specialized timing devices and depth meters for serious diving. Never dive without proper training or without a diving buddy.

### **E: GENERAL MAINTENANCE RULES**

1. A mechanical watch is an amazingly complicated and fine-mechanical piece of machinery. Heavy shocks will cause damage to the gears and springs used. Golf is a nice example of a sport, where the G-forces on the wrist can be huge. Please treat your watch with care.
2. When magnetized, the movement will not run well. Avoid strong magnetic resources.
3. Stainless steel will not corrode easily, but the name is not what it suggests. Even the finest stainless steel can corrode. Especially after exposure to salty water, it is advised to rinse the watch with clean water from the tap and dry with a soft cloth.
4. If you use the watch regularly, it is advisable to have it serviced (checked, adjusted and lubricated) every 4-5 years. Every skilled watch maker will know how to service your automatic watch.
5. In the event your (sapphire) crystal might break and shatter: pull out the crown to stop the movement immediately and consult a watchmaker as soon as possible. This will prevent that fine glass particles will enter the movement and increase the damage.
6. To exchange straps it is advised to use a proper strap-changing tool or consult your watchmaker. The use of knives, scissors or other devices to free the spring bars can cause scratches to the lugs and case of the watch easily. When changing straps, put the watch on a soft surface with the face down on a table or workbench. Never keep it in your hands, as you won't be the first to drop it to a hard tile floor.