

SEIKO SKX007J1

Seiko SKX007J1 Automatic Diver's Watch Instruction Manual

Model: SKX007J1

INTRODUCTION

This manual provides essential instructions for the proper use and maintenance of your Seiko SKX007J1 Automatic Diver's Watch. This timepiece features a Japanese-Automatic movement (Caliber 7S26/7S36) with 21 jewels, a black dial, unidirectional bezel, and a durable rubber strap. It is designed for diving with a 200-meter water resistance rating.

Understanding the functions and care requirements will ensure the longevity and optimal performance of your watch.

WATCH COMPONENTS

Familiarize yourself with the key components of your Seiko SKX007J1 watch:

- **Crown:** Located at the 4 o'clock position, used for setting time and date.
- **Unidirectional Rotating Bezel:** Used for timing elapsed intervals, particularly during dives.
- **Dial:** Displays time, day, and date. Features luminous hands and markers for visibility in low light.
- **Hands:** Hour, minute, and second hands.
- **Day/Date Window:** Displays the current day of the week and date.
- **Hardlex Crystal:** The watch glass, designed for durability.
- **Rubber Strap:** Secure and water-resistant strap.
- **Case Back:** Screw-down design for enhanced water resistance.





Image: Front view of the Seiko SKX007J1 watch, showing the black dial, luminous markers, hands, day/date display, and unidirectional bezel. The rubber strap is also visible.

SETUP AND INITIAL OPERATION

1. Winding the Watch

The Seiko SKX007J1 features an automatic movement and does not require manual winding via the crown. It is powered by the motion of your wrist. If the watch has stopped, gently swing it from side to side in an arc for about 30 seconds to initiate movement. Wearing it for several hours will build up the power reserve.

2. Setting the Time and Date

1. **Unscrew the Crown:** The crown is a screw-down type for water resistance. Rotate the crown counter-clockwise until it springs out to the first position.
2. **Set the Date:** Pull the crown out to the first click (position 1). Rotate the crown clockwise to set the date. Rotate counter-clockwise to set the day. Avoid setting the date or day between 9:00 PM and 4:00 AM, as this can damage the movement.
3. **Set the Time:** Pull the crown out to the second click (position 2). The second hand will stop. Rotate the crown to set the hour and minute hands. To ensure accuracy, set the time a few minutes ahead and then push the crown back in when a time signal (e.g., from a radio or phone) reaches the desired minute.
4. **Secure the Crown:** After setting, push the crown back in and screw it down tightly by rotating it clockwise while applying slight pressure. This is crucial for maintaining water resistance.



Image: A close-up view of the Seiko SKX007J1 dial and crown, illustrating the crown's position at 4 o'clock and the day/date display.

OPERATING THE UNIDIRECTIONAL BEZEL

The unidirectional rotating bezel is a key feature for divers to measure elapsed time underwater. It rotates only counter-clockwise to prevent accidental lengthening of the dive time, which could lead to decompression sickness.

1. **Before Diving:** Align the triangle marker on the bezel with the minute hand.
2. **During Dive:** The minute hand will indicate the elapsed time on the bezel scale.
3. **Safety:** The unidirectional rotation ensures that if the bezel is accidentally moved, it will only indicate a

longer elapsed time, thus providing a safety margin.



Image: A detailed view of the Seiko SKX007J1's unidirectional bezel, showing the minute markings and the luminous pip at the 12 o'clock position.

MAINTENANCE AND CARE

- **Water Resistance:** The watch is rated for 200M water resistance. Ensure the crown is always screwed down tightly before exposing the watch to water. Do not operate the crown underwater.
- **Cleaning:** After exposure to saltwater, rinse the watch thoroughly with fresh water and dry it with a soft cloth. For general cleaning, wipe the case and strap with a soft, damp cloth.
- **Temperature Extremes:** Avoid exposing the watch to extreme temperatures (above 60°C / 140°F or below 0°C / 32°F) or sudden temperature changes, as this can affect the movement and seals.
- **Chemicals:** Keep the watch away from chemicals, solvents, and detergents, which can damage the case, strap, and seals.
- **Magnetic Fields:** Strong magnetic fields can affect the accuracy of mechanical watches. Keep the watch away from magnets, speakers, and electronic devices that generate strong magnetic fields.
- **Service:** For optimal performance and to maintain water resistance, it is recommended to have your watch inspected and serviced by an authorized Seiko service center every 2-3 years.

TROUBLESHOOTING

- **Watch has stopped:** As an automatic watch, it requires motion to operate. If it has stopped, gently swing it from side to side for about 30 seconds to restart the movement. Wear it regularly to maintain the power reserve.
- **Inaccurate Timekeeping:**
 - Ensure the watch is fully wound by wearing it consistently.
 - Check if the watch has been exposed to strong magnetic fields. If so, demagnetization by a professional may be required.
 - If inaccuracy persists, the movement may require servicing.
- **Water inside the watch:** If you notice condensation or water inside the watch, immediately take it to a service center. Do not attempt to open the watch yourself. This indicates a breach in the water resistance, and prompt action is needed to prevent further damage.

SPECIFICATIONS

Feature	Detail
Model Number	SKX007J1
Movement	Automatic (Self-Winding), Caliber 7S26/7S36, 21 Jewels
Case Material	Stainless Steel
Strap Material	Rubber
Crystal	Hardlex Mineral Crystal
Dial Color	Black
Bezel	Unidirectional Rotating
Water Resistance	200 meters (660 feet) - Diver's Watch
Case Diameter	Approximately 42mm (from product description) / 43mm (from feature bullets)
Case Thickness	Approximately 13mm
Functions	Day and Date Display, Luminous Hands and Markers
Crown	Screw-down type
Clasp Type	Buckle Clasp (from description) / Fold Over Clasp with Safety (from specifications) - <i>Note: There is a discrepancy in the source data. The rubber strap typically uses a buckle clasp.</i>



Image: The Seiko SKX007J1 watch displayed on a wrist, providing a sense of its size and fit.

WARRANTY AND SUPPORT

Your Seiko SKX007J1 watch is manufactured to high standards. For warranty information, please refer to the

specific warranty card provided with your purchase. Warranty terms can vary depending on the region and retailer.

For service, repairs, or technical support, it is recommended to contact an authorized Seiko service center. Using unauthorized service providers may void your warranty.

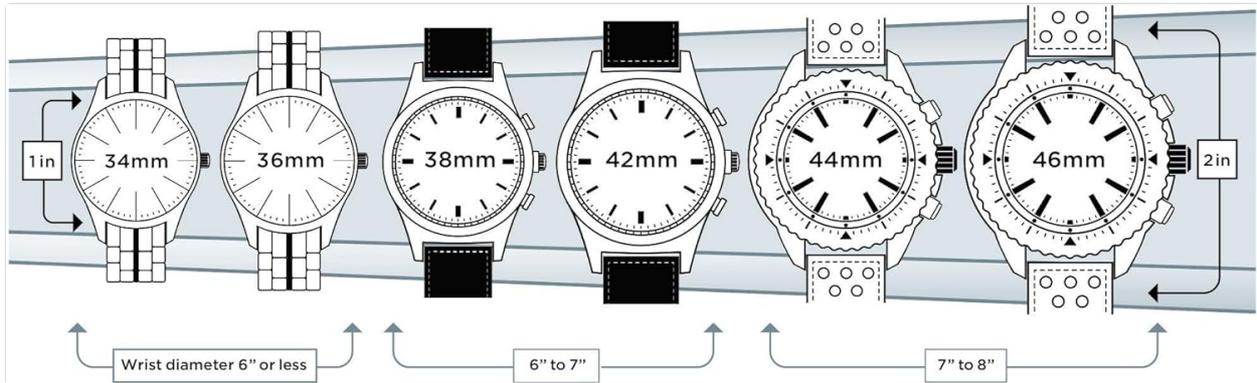


Image: A warranty card from "Watches-Bay" indicating a limited one-year warranty. Please note that this may be a retailer-specific warranty and not the official Seiko manufacturer's warranty.

ADDITIONAL INFORMATION

For further details on Seiko watches and their care, you may visit the official Seiko website or consult an authorized dealer.

Note: This manual provides general instructions. Specific details may vary slightly depending on the production batch.

Related Documents - SKX007J1

	<p>SEIKO Analogue Quartz and Mechanical Watch Instructions Manual</p> <p>Comprehensive instructions for SEIKO analogue quartz and mechanical watches, covering time and calendar setting, crown operation, water resistance, battery replacement, and maintenance tips for various calibres including 4206, 4207, 4217, 7002, 7009, 7019, 4S15, 7S25, 7S26, 7S35, 7S36, 7S55.</p>
	<p>Instructions for Seiko Analogue Quartz and Mechanical Watches</p> <p>Comprehensive instructions for operating and maintaining Seiko analogue quartz and mechanical watches, covering time/calendar setting, water resistance, battery replacement, and general care.</p>
	<p>Instructions for Seiko Analogue Quartz and Mechanical Watches</p> <p>Comprehensive instructions for operating and maintaining Seiko analogue quartz and mechanical watches, covering time/calendar setting, water resistance, battery replacement, and general care.</p>
	<p>SEIKO Automatic Diver's Watch Instruction Manual - Models 4R15/4R16/4R35/4R36/7S26/7S35/7S36</p> <p>This document provides comprehensive instructions for operating and maintaining SEIKO Automatic Diver's Watches, including models 4R15, 4R16, 4R35, 4R36, 7S26, 7S35, and 7S36. It covers features, safety precautions, time setting, care, and specifications.</p>



[SEIKO Diving Watch 8L35/8L55 User Manual](#)

Comprehensive user manual for SEIKO 8L35/8L55 diving watches, covering operation, safety precautions, maintenance, and technical specifications for proper and safe use.



[Seiko Diving Watch User Manual and Care Guide](#)

Comprehensive guide for Seiko diving watches, covering operation, maintenance, care, and specifications for various calibers including 4R15, 4R16, 4R35, 4R36, 7S26, 7S35, and 7S36.