

CITIZEN®

INSTRUCTION MANUAL

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use.

After reading the manual, store it in a safe place for future reference.

Be sure to visit the Citizen website at <http://www.citizenwatch-global.com/>.

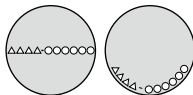
Here you will find a variety of information such as electronic setting guides, answers to frequently asked questions, Eco-Drive recharging information and more.

To check the movement number

A case number—4 alphanumeric characters and 6 or more alphanumeric characters—is engraved on the case back. (Figure on the right)

The first 4 characters of the case number represent the movement number of the watch. In the example on the right, “△△△△” is the movement number.

Engraving position example



The engraving position may differ depending on watch model.

Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages **22** to **31**) and understand the meaning of the following symbols:

- Safety advisories are categorized and depicted in this manual as follows:

 DANGER	Highly likely to cause death or serious injury.
 WARNING	Can cause serious injury or death.
 CAUTION	Can or will cause minor or moderate injury or damage.

- Important instructions are categorized and depicted in this manual as follows:
(Following symbols are examples of Pictograms.)

	Warning (caution) symbol followed by prohibited matters.
	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Precautions to be taken when diving

PROHIBITED Do not use this watch while diving when...

- Do not use your watch while diving when the watch stops or exhibits any abnormal operation.

CAUTION Diving with the watch

- Persons using the diver's watch are strongly recommended to receive proper instruction and training pertaining to diving and observe those rules at all times.
- Please use this watch properly only after you fully understand the operating procedures and cautions.
Using this watch other than as indicated in this instruction manual may result in failure of the watch to function properly.
- Check the water-resistant indications on the watch face or the case back. Never dive beyond the indicated depth.

⚠ CAUTION Before diving

- Check items below before diving
 - Make sure that the watch is fully wound.
 - Make sure that the watch is running correctly (check the movements of the time/calendar/second hand)
 - Make sure that the crown is pushed all the way in and locked in place.
 - Make sure that the band is firmly anchored to the watch body.
 - Make sure that there are no cracks or other damage to the watch band or the glass face.
 - Make sure that the register ring rotates properly.

⚠ CAUTION During diving

- During diving, never operate the crown. Operating any of them in water may cause trouble including deterioration of water resistance.
- Be careful not to hit the watch against hard objects such as equipment or rocks.

⚠ CAUTION After diving

- After making sure that the crown is locked in place, make sure the watch is free of seawater, mud and sand using fresh water. Wipe completely with a dry cloth.

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Characteristics of Mechanical watches

About time accuracy of mechanical watches

The time accuracy described on this instruction manual is the static accuracy at normal temperature. The accuracy of mechanical watches may get out of the described range depending on the following three usage conditions or other reasons.

- Winding amount of the mainspring
- Attitude
- Usage environment (temperature, magnetism, impact, etc.)

Winding amount of the mainspring

Mechanical watches keep accuracy most stably when the mainspring is sufficiently wound.

Attitude

Accuracy of mechanical watches varies affected by gravity. The accuracy varies as the result that may take various attitude while worn and gravitate to a different direction every moment.

Characteristics of Mechanical watches

Usage environment (temperature, magnetism, impact, etc.)

- Metal parts are used for the part for keeping accuracy in mechanical watch. The accuracy varies affected by their thermal expansion and contraction.
- Metal parts are used in mechanical watches. Magnetism affects them and accuracy of the watches in consequence. Do not bring them close to things which have or generate strong magnetism.
- Strong shocks may also affect the accuracy.

Maintenance

Mechanical watches may become inaccurate due to insufficient lubrication or worn parts. Have the watch disassembled and cleaned (overhaul) every 2-3 years (charge basis). It may be difficult to restore the watch from degradation after long-term use to its initial performance even after repairs.

Features

■ Water-resistant to 200m

- This watch is a scuba diver's watch (water-resistant to 200m). You can use it for scuba diving with air tanks, but must not be used in a helium-enriched atmosphere (e.g. saturation diving).

■ Automatic winding movement

- A automatic winding movement is employed in which the watch mainspring is wound automatically by movement of the hand when worn, and the force of the mainspring is then used to drive the movement (watch).

[Automatic winding]

When worn on the wrist, the normal movement of the arm will wind the mainspring.

[Manual winding]

Rotate the crown clockwise while it is in position **0** to wind the mainspring.

Before using

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury. Consult an authorized service center.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use a specially designed crown

Unlock the crown prior to operate your watch.

	Unlock	Lock
Screw down crown	 Rotate the crown counterclockwise until it releases from the case.	 Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.

Requests and cautions regarding this watch

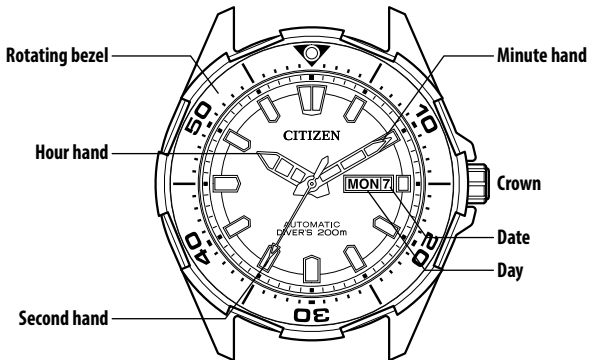
(Mechanical watch with automatic winding function)

- Although the mainspring will be wound automatically when the watch is worn on the wrist, the mainspring will wind down after about 2 days and the watch will stop if it is removed from the wrist.
- Make sure to adequately wind the mainspring before setting the time (hour and minute hands).
- If the time is set without the mainspring being adequately wound, the second hand will oscillate back and forth 2-3 seconds.

There are two ways to wind the mainspring: winding by turning the crown to the right by hand, and winding by shaking the watch gently. The second hand may rarely oscillate back and forth if the mainspring has been wound by shaking the watch to the side with excessive force.

However, this has no effect on the functions or performance of the watch.

Component identification



- The illustrations shown in this manual may differ from the actual watch you have purchased.

Mainspring

This watch runs using the power of the mainspring.

- Once the mainspring is wound fully, it will run for about 40 hours.
- Sufficient winding ensures stable and accurate movement.

About winding the mainspring

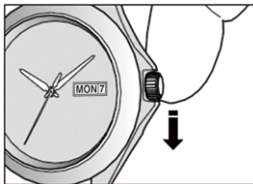
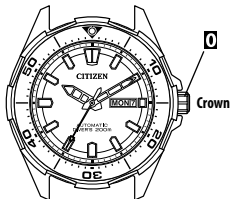
This watch is an automatic winding mechanical watch. (You can also wind the mainspring manually.) The mainspring is wound by swinging your arm. It is recommended to wear the watch for more than 8 hours a day. If you do not move your arms much in your daily life, for example you spend a lot of time sitting at a desk, the mainspring may not be wound sufficiently. In such cases, wind the mainspring manually.

Note:

A screw down locking crown is employed to enhance the water resistance of the watch. When operating the crown, first turn it to the left to disengage the screw lock. Once you have finished operating the crown, always make sure to return the crown to the normal position and then turn it to the right while pushing it in so that the screw lock is securely engaged.

Winding the mainspring manually

Turn the crown to the right (clockwise) in position **0**.

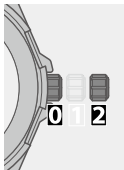


- When the watch stops, turning the crown about 40 times will wind the mainspring fully.
- When the mainspring is wound fully, turning the crown further does not damage the mainspring.

Setting the time and calendar

[8203]

Setting the time



- 1 Pull the crown out to position 2 .**
- 2 Rotate the crown to adjust the time.**
 - Change of date indication shows it just became AM. Set the time to ensure proper AM or PM time is set.
 - Day changes a little later than the change of the date.
- 3 Push the crown in to position 0 to finish the procedure.**

[8204]

Setting the time



- 1 Pull the crown out to position 2 when the small second hand points 0 second.**
 - The second hand stops.
- 2 Rotate the crown to adjust the time.**
 - Change of date indication shows it just became AM. Set the time to ensure proper AM or PM time is set.
 - Day changes a little later than the change of the date.
- 3 Push the crown in to position 0 to finish the procedure.**

Setting the calendar



- 1 Pull the crown out to position 1 .**
- 2 Rotate the crown to set the date and day.**
 - The date changes if the crown is turned to the left.
 - The day changes if the crown is turned to the right. The day is alternately displayed in two languages. Once the day has been set to the desired language, the watch automatically displays it after that.
- 3 Push the crown in to position 0 to finish the procedure.**

Setting the time and calendar

- Avoid correction of the date and day when the watch hands are between the hours of 9:00 PM and 4:30 AM. Correcting the date and day during this time period may prevent the date from changing on the following day. Set the date and day after the hands have moved outside this time period.
- The date displayed by this watch is based on a 31-day month. Re-set the correct date at the start of March, May, July, October and December.

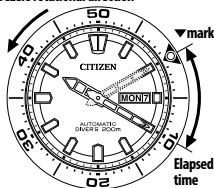
Using the rotating bezel

You can see the elapsed time from a certain moment, or remaining time to a decided moment, easily by using the rotating bezel.

- The rotating bezel moves counter-clockwise only. It will not move to the other way (clockwise) to prevent accident.

Finding the elapsed time

Bezel's rotational direction

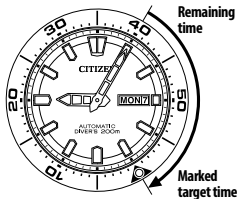


1 Set ▼ on the rotating bezel to the current position of the minute hand.

- The position of ▼ is the 0 minute.

2 You can see the elapsed time by reading the scale of the bezel.

Finding the remaining time



1 Set ▼ on the rotating bezel to the position decided from adding the target time with the current time.

- In the illustration, the target time is 20 min. and is added to the current time.

2 You can read the remaining time between the position of the minute hand and the mark ▼ of the bezel.

Water resistance



WARNING Water Resistance

- Diver's water-resistant watches can be used only for scuba diving using an air tank and not for saturation diving using a helium gas tank.
- Water resistant watches for saturation diving have upgraded water proof function to be able to be used in saturation diving using helium gas.

Name	Indication	Specification
	Dial or Case back	
Water-resistant watch for scuba diving	DIVER'S 200 m	200m water resistant

Water resistance

- The packing used for this watch is a consumable part and will deteriorate over long-term use. Deterioration may lead to water penetration, causing the watch to malfunction or stop. Consult an authorized service center for inspection (for a charge) every 2 or 3 years, and replace the packing, glass or other parts as necessary.

Water-related use					
					
Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas	Operate the crown or button when the watch is wet
OK	OK	OK	OK	NO	NO

Precautionary items and usage limitations

CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do not wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

 CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration dirt. Because of the natural materials, leather band will be worn, deformed, and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.

 CAUTION When Wearing Your Watch (continued)

- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury.
Consult an authorized service center.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature.

<Magnetism>

- Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

 CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration. Be sure to keep your watch clean at all times.
- Be sure to periodically clean the bracelet and case of your watch to remove accumulated dirt and foreign matter. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you notice this, discontinue wearing the watch and consult your physician.
- Be sure to periodically clean foreign matter and accumulated materials from the metal band, synthetic rubber strap (polyurethane) and/or metal case using a soft brush and mild soap. Be careful not to allow moisture on the case if your watch is not water resistant.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For metallic, plastic or synthetic rubber (polyurethane) band, clean it with soap and a soft toothbrush. Be sure to thoroughly rinse the band after cleaning to remove any soap residue.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

<When Luminous Paint is used for your watch>

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place. It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission will appear bright at first and then diminish as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Specifications

Model	8203·8204	Type	Mechanical watch (automatic winding)
Timekeeping accuracy	[8203] Average daily difference of -10 to +20 seconds [8204] Average daily difference of -20 to +40 seconds (the timekeeping accuracy range may be exceeded depending on the conditions of use)		
Display functions	• Time: Hours, minutes, seconds • Calendar: Date, day		
Maximum run time	[8203] About 40 hours [8204] About 42 hours (automatic winding type)		
Beats	21, 600 beats/hour (6 beats)		

Additional functions	• Date and day rapid correction function • Bilingual day display • Automatic winding function • Manual winding function • Second hand stop function (only for Cal.8204)
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Specifications and contents of this booklet are subject to change without prior notice.

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Model No.NY0*

Cal.8203・8204

CTZ-B8212