

Q

I heard that the accuracy of a mechanical watch depends on how it is used; i.e., the accuracy of the watch while I wear it differs when it is off my wrist. Is it correct?

A

The accuracy is influenced by many factors; i.e., how the watch is shaken when on your wrist/the temperature. Even how the watch is placed (Dial-up/Dial-down affects the accuracy as well.



How to wind the watch

Try to shake the watch or wind the crown every day, almost at the same time if possible to obtain higher accuracy. In case of hand winding a mechanical watch, be careful to slowly wind the crown, so that you do not damage the winding mechanism.

Overhaul

Periodic overhaul is recommended (once in a three years) as some of the movement parts may need additional lubrication as they get dry. Sometimes the parts may get rusty.

An overhaul is to mechanical watches what a health check is to human beings. All the parts are completely checked, cleaned up, and properly lubricated. In addition, the gasket is to be replaced with a new one to maintain sufficient water resistant function.

How to maintain the accuracy

- Do not drop the watch
- Do not place the watch where the temperature is extremely low/high (Less than 5 or more than 35)
- Wipe off water/sweat from the watch.
- Keep the watch away from strong magnetism.

Q

Why does my mechanical watch stop when off my wrist though it maintains operation while on my wrist.

A

Nowadays we generally do not exercise so much, being surrounded with many conveniences. Therefore, mechanical watches may need further winding (by shaking), sometimes even if you keep wearing it.



Have you ever had any of these experiences?



My watch stopped while off

My watch stopped though I have been wearing it for all day long.



Oh!?
My watch gained 20-30 seconds a day!

My watch needs to be overhauled.



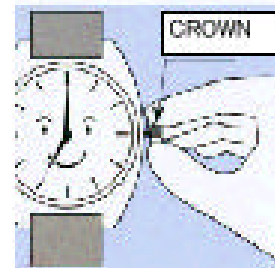
Did you know?

The accuracy of mechanical watches

Mechanical watches in general gain/lose 10-60 seconds a day (depending on the movement (mechanism)type). Accordingly, it is recommended to adjust the time often.

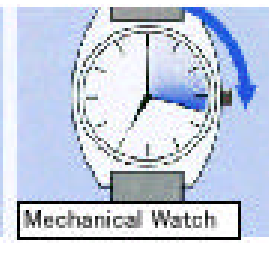
How to adjust the time

Mechanical watches are different from quartz watches. Pull out the crown and set the minute hand 5-10 minutes before the targeted position. Then slowly wind the crown to the desired time and push back the crown.



How the second hand moves

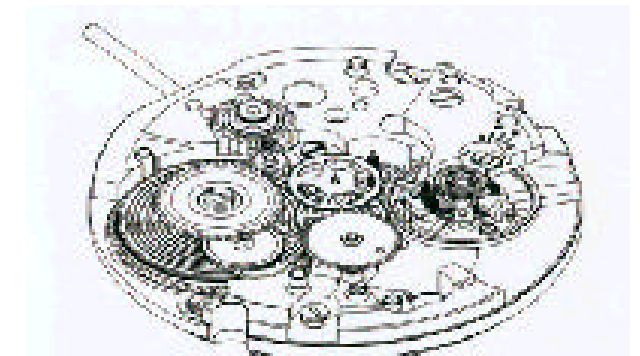
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Mechanical watch structure

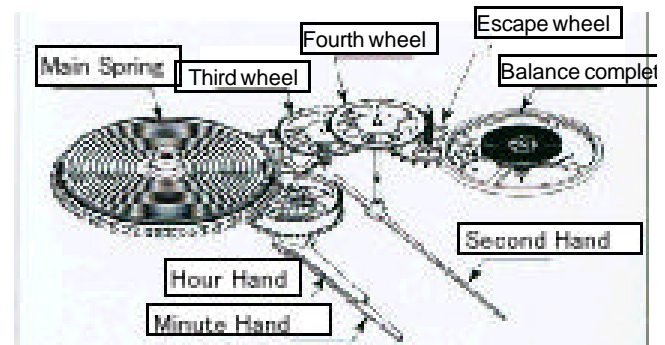
Parts composing the movements

The mechanical movement is composed of many tiny and accurate parts as per the below illustration.



How the hands move

The power source is the SPRING. The hands are moved by the wheels powered by the main spring while the spring uncoils



Important notes for automatic winding watch

Dear Seiko owners,

Today, SEIKO has two types of mechanical watches—automatic winding and hand winding. Although automatic ones are regarded as convenient watches without the need to wind up like hand winding watches and to replace batteries like quartz, automatic mechanical watches need to be wound up. Above all, this is a mechanical watch.

If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.

To start the watch after it stops completely, or after being repaired, wind it up by shaking from side to side until it becomes almost fully-wound (See the below picture). Then, set the time, date and day before wearing the watch on the wrist.

Once the watch is wound up fully, it operates from 40 to 50 hours approximately. If the watch is used without being wound up fully, a gain or loss of time may result. To avoid this, it is recommended that you wear the watch daily for more than 8 hours.

To wind the watch fully

- 1 Hold the watch with the face side up
- 2 Shake the watch from side to side (2 times/sec.) for 7-10 minutes roughly.

