

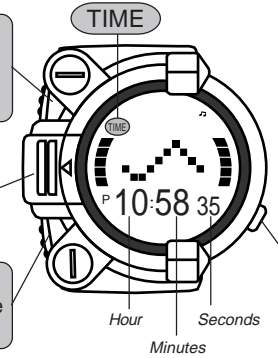
2. OPERATION CHART: QW-1456

CHANGING BETWEEN MODES

Press the **(C)** button to change from mode to mode.

- The watch automatically returns to the Timekeeping Mode if you do not perform any button operation for two or three minutes in any other mode.

Timekeeping Mode



(B) Button
Hold down to display the time setting screen.

(X) Button
Illuminates the display.

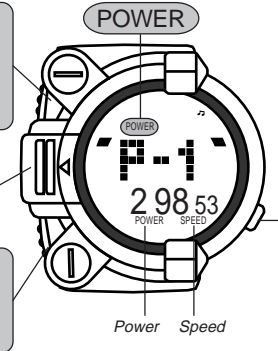
(C) Button
Advances to the Meter Mode.

EL backlight
Turns on the EL backlight to illuminate the display for about three seconds.

(A) Button
Switches between 12 and 24-hour format.

1 2

Meter Mode (Memory P-1)



(B) Button
Hold down to display the personal data setting screen.

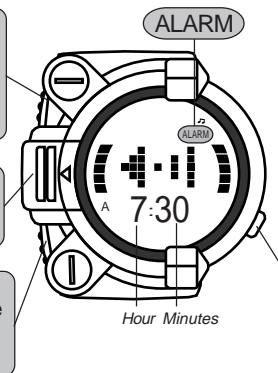
(X) Button
Starts measurement operation.

(C) Button
Advances to P-2, P-3, and the Game Mode.

(A) Button
Displays the maximum measured value screen.

A built-in shock sensor can be used to measure the power (destructive force) and speed of a punch, kick, throw, swing, or other action.

Alarm Mode



(B) Button
Hold down to display the alarm setting screen.

(X) Button
Illuminates the display.

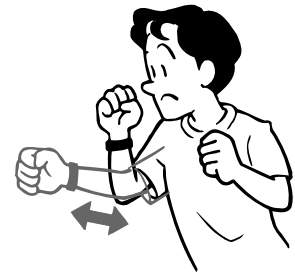
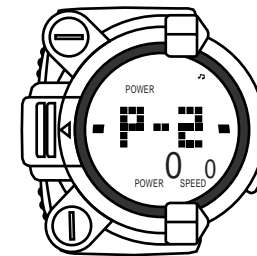
(C) Button
Advances to the Timekeeping Mode.

(A) Button
Turns the alarm and hourly time signal on and off. Holding down this button sounds the alarm.

- Use this mode to set an alarm time.
- It can also be used to turn the hourly time signal (which sounds at the top of each hour) on and off.
- Holding down the **(A)** button sounds the alarm.

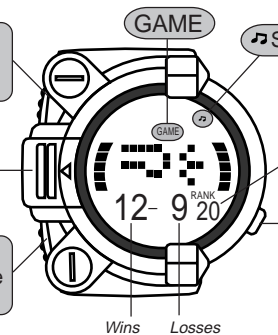
6 3

Meter Mode (Memory P-2)



- The Meter Mode can be used to measure the power and speed of a punch or kick.
- The Meter Mode has three memories, named P-1, P-2, and P-3. Measured data is automatically saved to the memory whose indicator is on the display when the measurement is performed.

Game Mode



(B) Button
Turns sound on and off.

(X) Button
Starts the game.

(C) Button
Advances to the Alarm Mode.

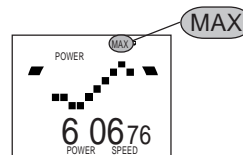
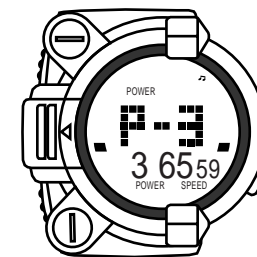
(A) Button
Displays the number of KOs.

This game is a virtual boxing match where you test your punch power and reaction in a battle against the watch's built-in computer. You start out ranked 30th, and try to work your way up to the top where you are crowned the Champion of the World.

- Holding down the **(A)** button displays the number of KO wins and KO losses.

5 4

Meter Mode (Memory P-3)

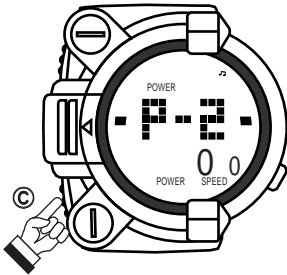


- When you press the **(C)** button to change to another Meter Mode memory, any power and speed data already stored in that memory appears on the display.
- Whenever you display a Meter Mode memory's contents, a wave graph moves across the display. The height of the wave is according to the size of the measurement data stored in the memory.
- Holding down the **(A)** button while in the Meter Mode displays the maximum measured power value.
- Pressing the **(A)** and **(B)** buttons at the same time while in the Meter Mode clears the measured data from the memory whose screen is displayed (P-1, P-2, P-3), and the maximum measured power value.

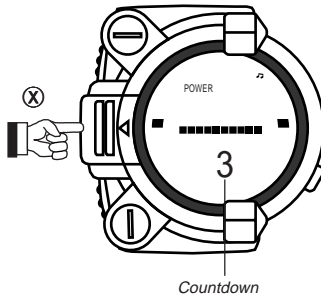
USING THE METER MODE

The built-in sensor used to measure power and speed is preset to measure in the direction of a punch motion. This means that the values produced in the Meter Mode cannot be used to compare the relative power and speed between two different motions (between punching and kicking, for example).

Select a Meter Mode memory.



Start a measurement operation.



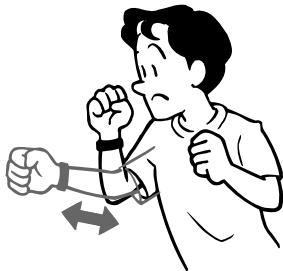
To perform a measurement in the Meter Mode

- 1 In the Timekeeping Mode, press the **C** button once (for P-1), twice (P-2) or three times (P-3) to display the Meter Mode memory screen you want to use.
- 2 Press the **X** button and the watch performs a 4-second count-down, with each second indicated by a beep and the numbers 3, 2, 1, 0 appearing successively on the display. After the fourth beep, perform a punching or kicking motion.
 - Measurement is performed for about two seconds after the fourth beep.
- 3 Be sure to read the "SAFETY PRECAUTIONS" and "Important!" before performing a punching or kicking motion.
- 4 Measured power and speed values are expressed in special units defined by CASIO.

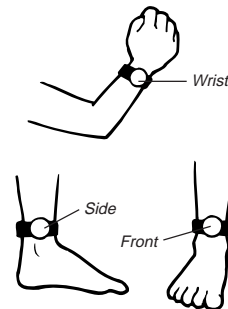
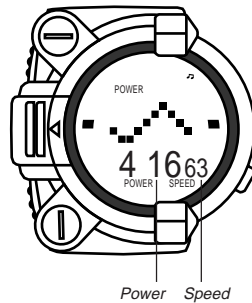
• If you want to compare your power with a friend's, you need to input some personal data. See "To Input Personal Data".



Punch, Kick



- 1 2
- 3 4 Look at the display.



- For punching, affix the watch securely to either your left or right wrist. The watch should be high enough on your arm and tightened snug enough so it does not ride down to the back of your hand when you punch.
- For kicking, affix the watch securely to either your left or right ankle. The body of the watch should be located so it is either at the front or side of your leg. The watch should be high enough on your leg and tightened snug enough so it does not ride down to the top of your foot when you kick.

Important!

Note the following important precautions before performing any operations in the Meter Mode or before using the Game Mode.



- Always warm up for about five minutes before punching, kicking, or any other strenuous activity. Punching or kicking without warming up can result in injury. Take special care to warm up and stretch your shoulders, arms, and back. Do not overdo punching and kicking, and avoid performing too many punches or kicks during the same session.



- Fully extending your arm or leg when punching or kicking can produce pain in your joints, bones, and muscles. To avoid this, you should stop your punch or kick just of full extension so your arm or leg joints are still relaxed and slightly bent.



- When punching and kicking, take care to avoid hitting any people, animals, or objects nearby. Hitting another person or object can result in personal injury to you or another person.



- Should you experience any pain when performing a measurement, immediately stop the activity you are performing and consult a physician.



- Whenever performing a measurement with the watch affixed to your ankle, take particular care that you do not lose your balance and fall over, possibly injuring yourself or others. Do not try to raise your leg too high when kicking.

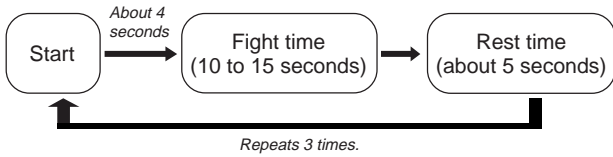
Remember those around you.....

When using the Meter Mode or Game Mode, never hit or kick another person, an animal, or an object, and never throw an object or this watch.

USING THE GAME MODE /1

Rules

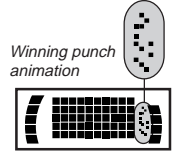
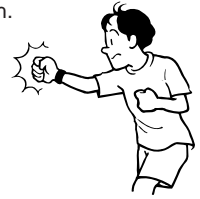
- 1** Each game has three rounds.



- Respond to the attack signals and block signals the watch emits during the fight time with an attack movement or block movement. Anywhere from three to six signals are produced during each round.
- During the rest time between rounds, the result of the last round is indicated by an animated figure on the display.

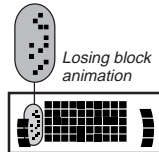
- 2** When you hear the attack signal, punch.

- The attack signal is a short beep. The amount of power produced by your punch determines how many stamina points the computer loses.
- The power of your punch is not affected by the body weight you set for your personal data settings.
- At the end of the round, a series of animated displays appear on the screen to show you whether each of your punch motions were hit or misses.



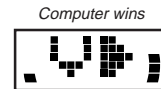
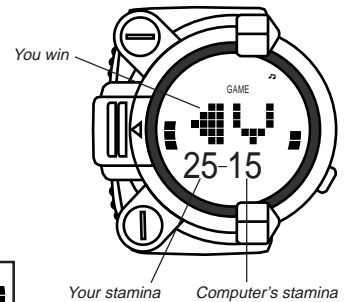
- 3** When you hear the block signal, block.

- The block signal is a two-beep sound. Defend by pulling back on your arm where you are wearing the watch. The speed that you pull back your arm determines how many stamina points you lose.
- At the end of the round, a series of animated displays appear on the screen to show you whether each of your block motions were winners or losers.



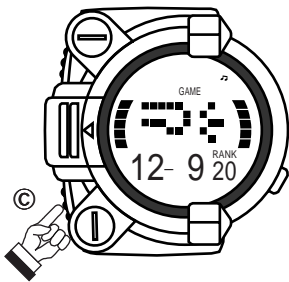
- 4** The result of the game is determined by stamina.

- A game ends with a graph that shows how much stamina you and the computer have left. The winner of the game is the one with more stamina remaining.
- Each side starts out with 50 stamina points.

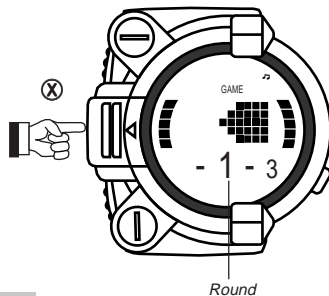


To play the game

Enter the Game Mode.

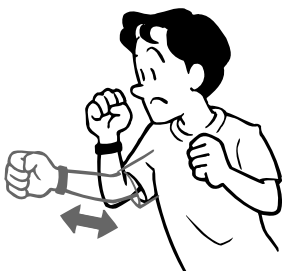


Start the game.

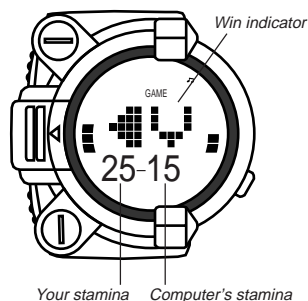


- 1 2**
3 4

Punch and block.



Game over display

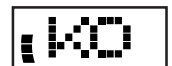


- In the Timekeeping Mode, press the C button four times.
- Press the X button to start the game. The first round starts about four seconds after you press the X button.
- Be sure to read the "SAFETY PRECAUTIONS" and "Important!" before performing a punching or blocking motion.
 - Whenever your ranking is in the top ten in the world, the computer will start to use feints. The signals that indicate a feint are lower pitch than normal, so watch out so you don't get fooled.
 - Be sure to perform the procedure under "To Input Personal Data" to tell the watch whether you will wear the watch on your left wrist or right wrist before playing the game. Otherwise, the sensor will not be able to detect your punch and block motions correctly.
- After three rounds are done, the display shows how much stamina you and the computer have remaining, and who is the winner.

Knockouts

A knockout (KO) is scored whenever the other party's stamina becomes zero. A running count of KOs is stored in memory.

Example: KO



World Champion

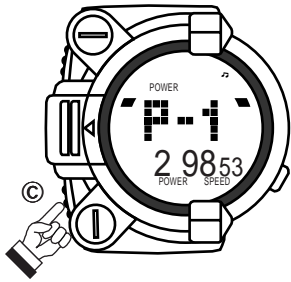
Your rank is indicated by "C" (champion) on the display when you reach the World Champion ranking. The number of times you have defended your title is also indicated by stars as shown below.

- * : 1 to 10
- ** : 11 to 20
- *** : 21 or more

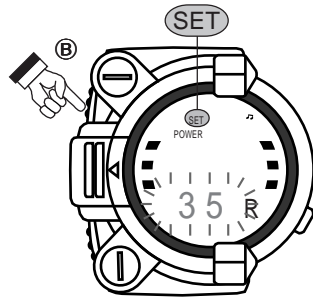
USING THE GAME MODE /2

To input personal data

Display the Meter Mode's P-1 memory screen.



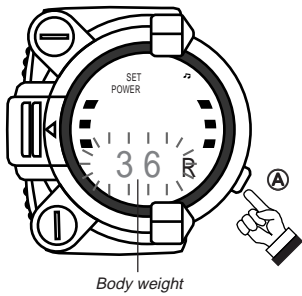
Display the setting screen.



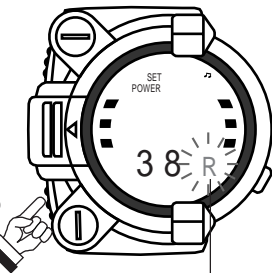
Hold down the B button for about two seconds.

1 2
3 4

Input your body weight.



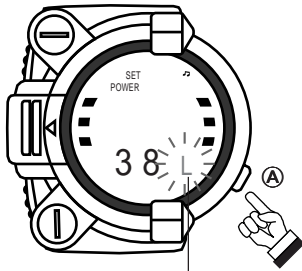
Body weight



Right wrist indicator.

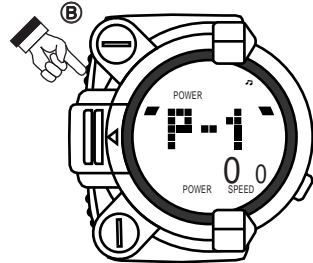
5 6

Change the left wrist/right wrist setting.



Left wrist indicator

Quit the setting procedure.



- 1 In the Timekeeping Mode, press the C button once.
 - Use the Meter Mode's P-1 memory screen to input personal data.
- 2 Hold down the B button for about two seconds and the current body weight setting will appear, flashing on the display.
 - The body weight setting is flashing because it is selected.
- 3 Use the A button to input your body weight in kilograms.
 - Each press of the A button increases the displayed weight by one.
 - You can set a body weight within the range of 10 to 199 kg.
 - If you want to change the body weight setting only, press the B button after you finish inputting the weight you want.
- 4 Specify whether you will wear the watch on your left wrist or right wrist. Pressing the C button causes "R" or "L" to flash.
- 5 Each press of the A button toggles between "R" (right wrist) and "L" (left wrist).
- 6 Press the B button to stop the flashing and complete the setting procedure.

• The above procedure clears all measurement data in Meter Mode Memories P-1 through P-3. However, it does not clear the maximum measurement value.
 • If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Meter Mode automatically.



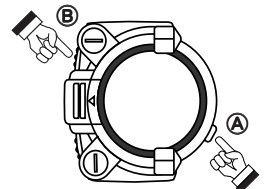
Important!

The watch can measure punch and kick power and speed regardless of the current left wrist/right wrist setting. When playing the game, however, the watch needs to know which wrist the watch is on so it can tell whether you are punching or blocking. Before playing the game, make sure that the left wrist/right wrist setting is correct.



Clearing the Number of Wins and Losses

If either you or the computer reaches 99 wins, the number of wins and losses will no longer increase. The rank also will not change. (Although you still will be able to play the game.) When you or the computer reaches 99 wins, press A and B at the same time while in the Game Mode to clear the wins and losses. Doing so also sets your world ranking to 30th place.



Game Hints

World Rankings

The first time you play the game, your world ranking is 30th. How many places your ranking goes up or down depends on how you win or lose a game.

Example: Winning by stamina points: 1 rank up
 Winning by 3rd Round KO: 2 ranks up

There are other factors that determine your change in ranking, so be sure to do your best.

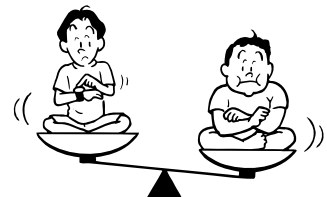
Computer Stamina

Whenever the computer's stamina points drop below a certain level, your punches become stronger and the computer's punches become weaker.

Other Information

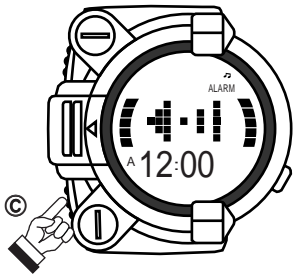
Body Weight and Power

If two people deliver a punch with the same speed, the person who weighs more will generate more power. Because of this, when you are using this watch to compare power with your friends, make sure that each person inputs their body weight before punching or kicking.

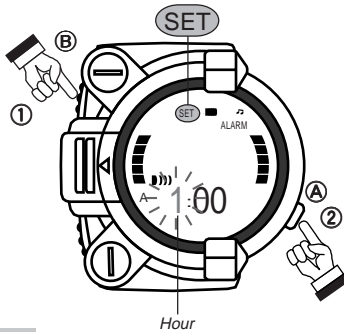


SETTING THE ALARM

Enter the Alarm Mode.

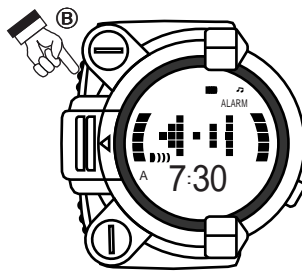
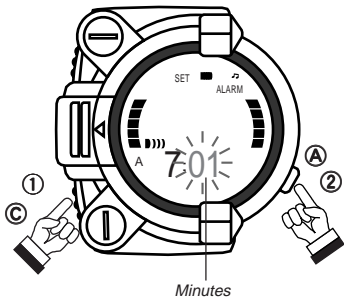


Set the hour.



1 2
3 4

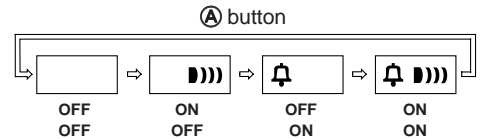
Set the minutes.



- 1 In the Timekeeping Mode, press the **C** button five times.
- 2 Hold down the **B** button for about two seconds until the hour digits start to flash on the display. Use the **A** button to change the hour setting.
 - The hour digits flash on the display because they are selected.
 - This operation automatically turns on the Daily Alarm.
 - Each press of **A** increases the hour by one.
 - Holding down **A** changes the setting at high speed.
- 3 Press the **C** button so the minutes setting is flashing. Use the **A** button to change the minutes setting.
 - Each press of **A** increases the minutes setting by one.
 - Holding down **A** changes the setting at high speed.
- 4 Press the **B** button to stop the flashing and complete the alarm setting.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To turn the alarm and hourly time signal on and off

In the Alarm Mode, press the **A** button to turn the alarm and hourly time signal on and off in the following sequence.



To stop the alarm

Press any button to stop the alarm after it starts to sound.

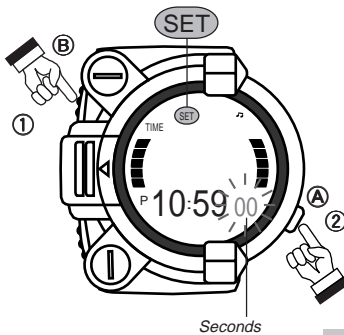
To test the alarm

Hold down **A** while in the Alarm Mode to sound the alarm.

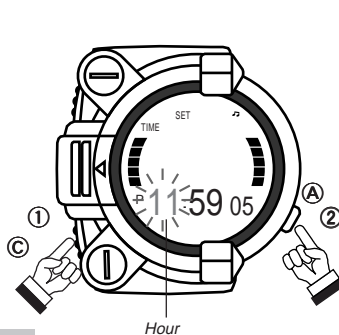
- The alarm and hourly time signal do not sound in the Meter Mode or Game Mode, even if they are turned on.

SETTING THE TIME

Seconds become "00".

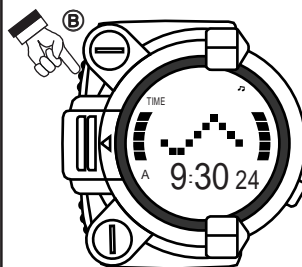
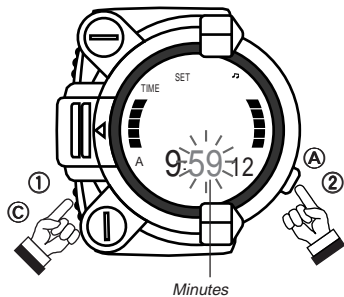


Set the hour.



1 2
3 4

Set the minutes.



- 1 Hold down the **B** button for about two seconds until the seconds digits start to flash on the display. Press the **A** button to reset the seconds count to "00".
 - If you press **A** while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes are unchanged.
 - You can ensure accurate timekeeping by resetting the seconds to "00" on a time signal from the radio or TV about once a month.
 - If you want to only reset the seconds to "00" without changing other settings, press **B** here to exit the time setting screen.
- 2 Press the **C** button so the hour setting is flashing. Use the **A** button to change the hour setting.
 - Each press of **A** increases the hour setting by one.
 - Holding down **A** changes the setting at high speed.
- 3 Press the **C** button so the minutes setting is flashing. Use the **A** button to change the minutes setting.
 - Each press of **A** increases the minutes setting by one.
 - Holding down **A** changes the setting at high speed.
- 4 Press the **B** button to stop the flashing and complete the time setting.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

Switching between 12-hour and 24-hour Timekeeping

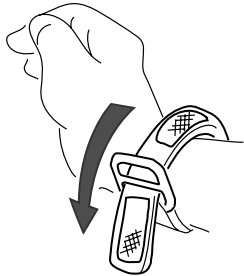
With 12-hour timekeeping, the "A" (am) indicator appears for times between midnight and noon, while "P" (pm) appears for times between noon and midnight. With 24-hour timekeeping, each hour is represented by a unique value from 0 to 23.

Example: The 12-hour time of 3:00 P (pm) would appear on the display as 15:00 with 24-hour timekeeping.

Pressing the **A** button while in the Timekeeping Mode toggles between 12-hour and 24-hour timekeeping.

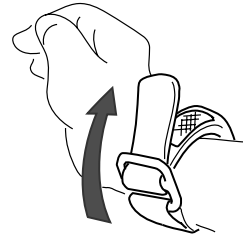
TO FASTEN THE BAND ON YOUR WRIST

Pass the band through the bottom hole in the buckle (see figure).



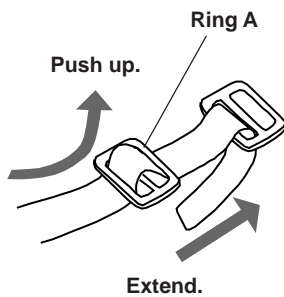
1 2

Double the band back through the loop of the buckle and pull it tight.



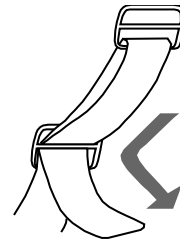
TO ADJUST THE LENGTH OF THE BAND

Push the band so it raises up in the center of band ring A, and extend the length of the band.



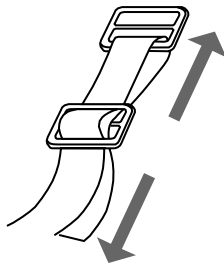
1 2

Slide band ring A into position and pass the free end of the band through it.



Pull both ends of the band to tighten it.

- The band can be adjusted to a circumference from 12cm to 21cm.



3

EL Backlight

Pressing the (X) button in the Timekeeping Mode or Alarm Mode illuminates the display for about three seconds.

- The display does not illuminate while any number is flashing during input operations.
- The EL (electro-luminescent) panel used to illuminate the display of this watch tends to lose its brightness after long hours of use.
- Frequent use of the backlight shortens battery life.

Important!

- Backlight illumination may be difficult to see under bright sunlight.
- The backlight automatically turns off if an alarm starts to sound while it is lit.

SAFETY PRECAUTIONS

Improper use of this watch can result in personal injury. Make sure you carefully read all of the warnings, cautions, and important notes of this User's Guide before using the watch.

Adults supervising a child who will be using this product...

- Make sure the child thoroughly understands the important precautions below before using this watch.
- Some of the activities described in this User's Guide may be dangerous for young children up to the age or about 10, so adult supervision is required.

Check with a doctor first!

In order to ensure against personal injury, the following types of individuals must check with a physician before using this watch to perform measurements or before playing the game built into this watch.

- Any person currently under the care of a physician
- Any person who has recently suffered from general illness, joint, bone, or muscle problem (such as a broken bones, tennis elbow, etc.)
- Any person currently suffering from fatigue, fever, etc.

Double check the band!

A damaged band can result in the watch flying off your wrist while taking a measurement or playing the game, possible causing personal injury to those nearby. Be sure to double check the band for any damage or other irregularities before measurements or playing the game.

Fasten the watch securely to your wrist or ankle!

An improperly fastened band can result in the watch flying off your wrist while taking a measurement or playing the game, possible causing personal injury to those nearby. Be sure to double check the band for proper fastening before measurements or playing the game. The band should feel very snug, almost to the point of being too snug. This watch is designed to be worn on the wrist or ankle only, and should never be used on any other part of the body.

(See "TO FASTEN THE BAND ON YOUR WRIST" and "TO ADJUST THE LENGTH OF THE BAND".)