

# Manual Wind Mechanical Watches



The mechanical watch is considered a mature technology, and virtually all mechanical watch movements have the same parts and work the same way. Mechanical watches have been in use since the 1600's with updates and newer technology thus creating the mechanical watches of today.

Currently mechanical watches are powered by a mainspring, which is wound manually by turning the crown of the watch. As the mainspring un-winds the gears of the watch turn making the hands turn thus keeping time. Manual wind mechanical watches

need to be wound fully daily **IF** they will be worn daily. The mainspring of a manual wind watch will typically only hold enough power reserves to run the watch for a 24 to 36 hour period if fully wound.

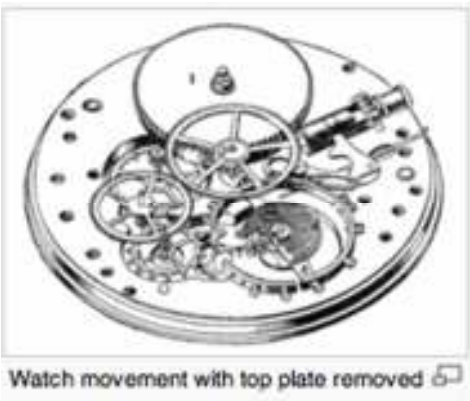
If you wear your watch daily it is important to get into a routine of winding your watch at the same time everyday. If you do not wear your watch regularly there is no need to wind it daily.

Wind your watch by turning the crown clockwise, hold the watch facing you in your left hand; pinch the crown between your right fore finger and thumb and rotate the crown clockwise. "Clockwise" means rotating it away from you. Wind slowly and consistently. Wind the crown as far as you can with each turn and then release it and start again. Wind your watch this way until you start to feel an increased resistance, at this point stop winding. Be patient. A completely unwound mainspring can take from 20 to 50 revolutions.



Many people prefer to wind a watch using a rocking motion by alternating rotating the crown clockwise and then counter-clockwise, or in other words by turning the crown

forward and backward or "back-winding." There is no problem with this method but it is still important to make sure that you fully wind your watch. It will still require between 20 to 50 forward (clockwise) rotations, as the mainspring does not wind while turning count-clockwise or "back-winding."



When winding your watch it is advisable to take it off first. If you keep the watch on while you wind it, you may put unnecessary strain on the winding stem. This can cause major damage and lead to extensive repairs.