



Seiko 7N07C,7N08C Movement Parts (1)

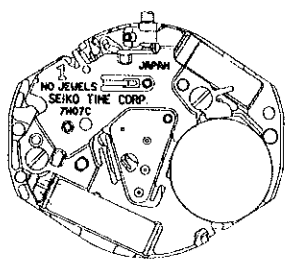
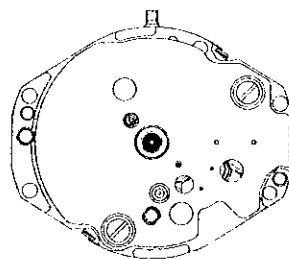
Compiled by EmmyWatch - <https://www.emmywatch.com>

PARTS CATALOGUE/TECHNICAL GUIDE

Cal. 7N07C

Cal. 7N08C

[SPECIFICATIONS]



Cal. No.		7N07C	7N08C
Item			
Movement			
		The illustrations refer to Cal. 7N07C. (x 2.0)	
Movement size	Outside diameter	ø18.5 mm 18.2 mm between 12 o'clock and 6 o'clock sides 15.3 mm between 3 o'clock and 9 o'clock sides	
	Casing diameter	ø18.1 mm 17.8 mm between 12 o'clock and 6 o'clock sides 15.3 mm between 3 o'clock and 9 o'clock sides	
	Height	2.9 mm	
Time indication		3 hands (Hour, minute and small second hands)	
Driving system		Step motor (Load compensated driving pulse type)	
Additional mechanism		<ul style="list-style-type: none"> • Train wheel setting device • Electronic circuit reset switch • Battery life indicator 	
Loss/gain		Monthly rate at normal temperature range: less than 15 seconds	
Regulation system		Nil	
Measuring gate by quartz tester		Use 10-second gate.	
Battery		SEIKO SR621SW, Maxell SR621SW, SONY SR621SW, Matsushita SR621SW, EVEREADY 364 Battery life is approximately 2 years. Voltage: 1.55V	
Jewels		0 jewel	

PARTS CATALOGUE

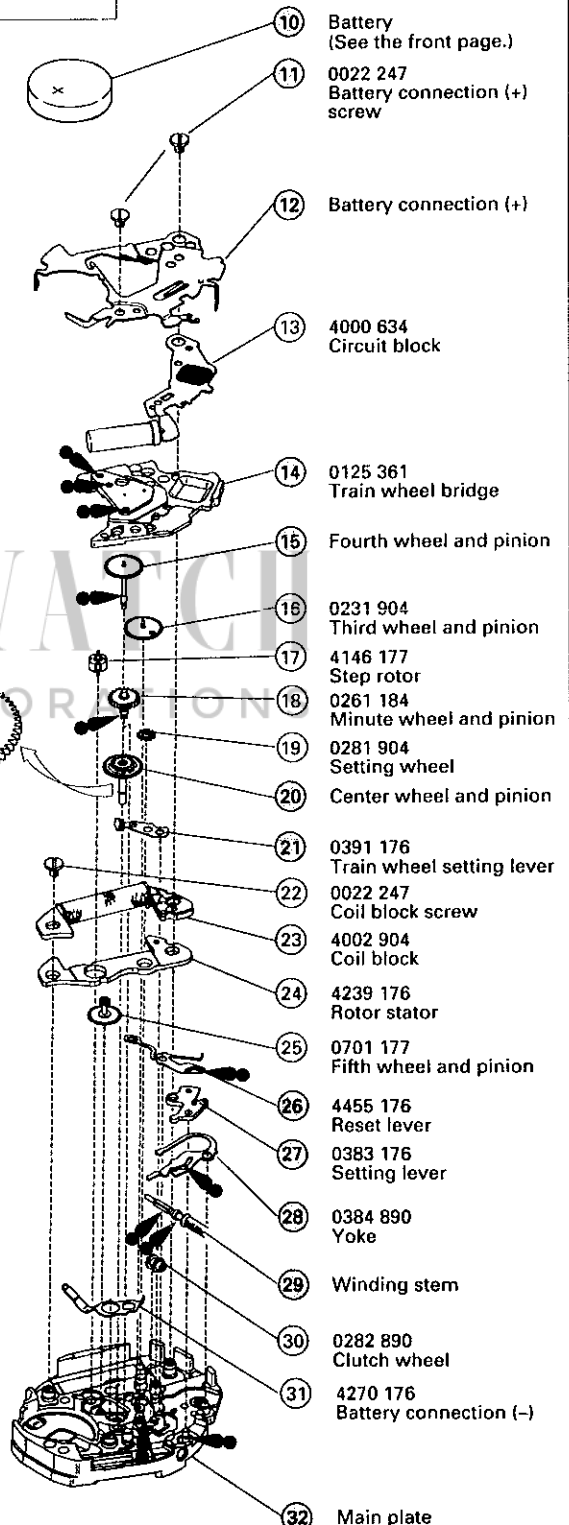
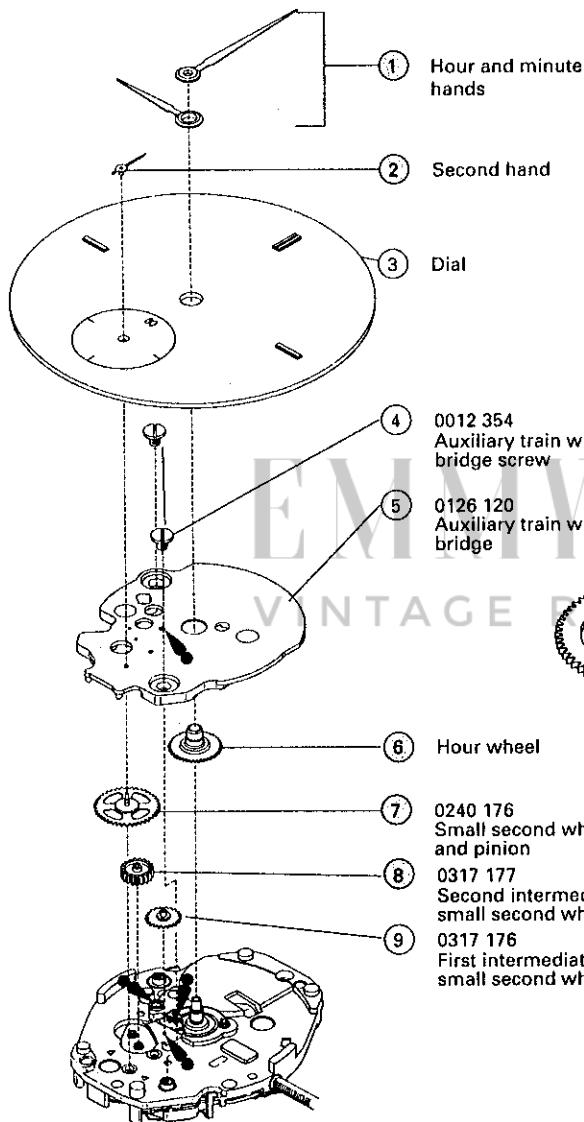
Cal. 7N07C, 7N08C



Disassembling procedures Figs. : ① → ③②


Reassembling procedures Figs. : ③② → ①

Lubricating: **Types of oil** **Oil quantity**
 Moebius A  Normal quantity

Ex.: Cal. 7N07C



	0012 354 • Auxiliary train wheel bridge screw (2 pcs.)
	0022 247 • Battery connection (+) screw (2 pcs.) • Coil block screw (1 pc.)

 Please see the remarks on the following pages.

PARTS CATALOGUE


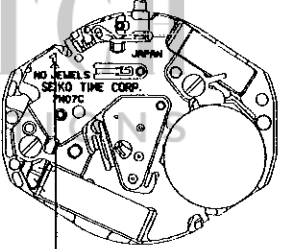
Cal. 7N07C, 7N08C

Remarks:

- ⑥ Hour wheel
- ⑮ Fourth wheel and pinion
- ⑳ Center wheel and pinion
- ⑳ Main plate

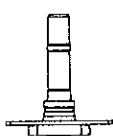
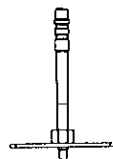


• **Discrimination of the hand installation height**

Cal. 7N series watches have numerals printed on the dial and the movement to indicate the hand installation heights. When repairing, refer to the table below.

Discrimination	Height	Short type	Standard type
	Numeral for discrimination	1	2
	Printed on	Dial	Movement
Printed position	Ex.) Short type	Ex.) Short type	
			
	The numeral is printed at the right end.	The numeral is printed above the calibre number.	

Combination:

* The hand installation heights can be discerned from the shape of the following parts. Refer to the table below.

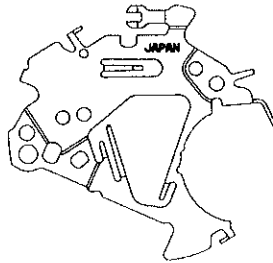
Numeral for discrimination	Center wheel and pinion	Fourth wheel and pinion	Hour wheel	Main plate (center pipe)
1	 0221 164	 0241 174	 0271 316	 0100 364

PARTS CATALOGUE

Cal. 7N07C, 7N08C

⑫ Battery connection (+) 4268 660

Note: The battery connection (+) we are supplying has no calibre number nor numeral printed on it for discriminating the hand installation height.



⑲ Winding stem 0351 890

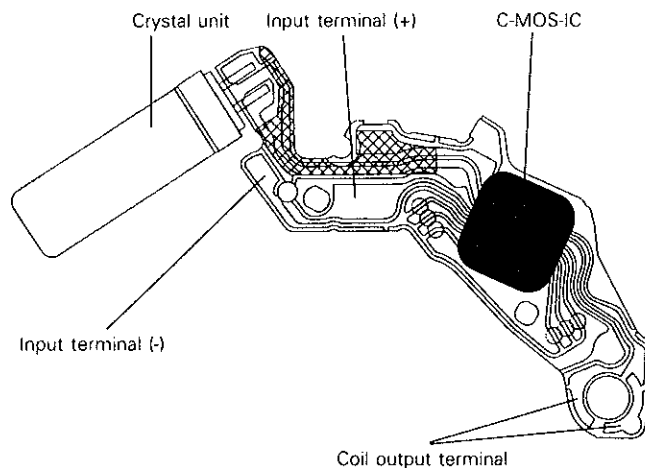
The type of winding stem is determined based on the design of cases.
Check the case number and refer to "SEIKO Casing Parts Catalogue" to choose a corresponding winding stem.

TECHNICAL GUIDE

Cal. 7N07C, 7N08C

- The explanation here is only for the particular points of Cal. 7N07C and 7N08C.
- For the repairing, checking and measuring procedures, refer to the "TECHNICAL GUIDE, GENERAL INSTRUCTIONS".

I. STRUCTURE OF THE CIRCUIT BLOCK



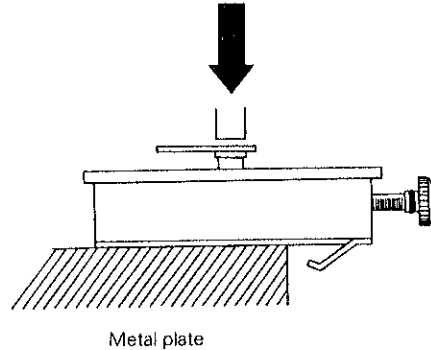
II. REMARKS ON DISASSEMBLING AND REASSEMBLING

Use the universal movement holder for disassembling and reassembling.

- ① Hour and minute hands
- ② Second hand

• How to install

When installing the hands, remove the battery and place the movement directly on a flat metal plate or the like.



- ⑦ Small second wheel and pinion
- ⑧ Second intermediate small second wheel

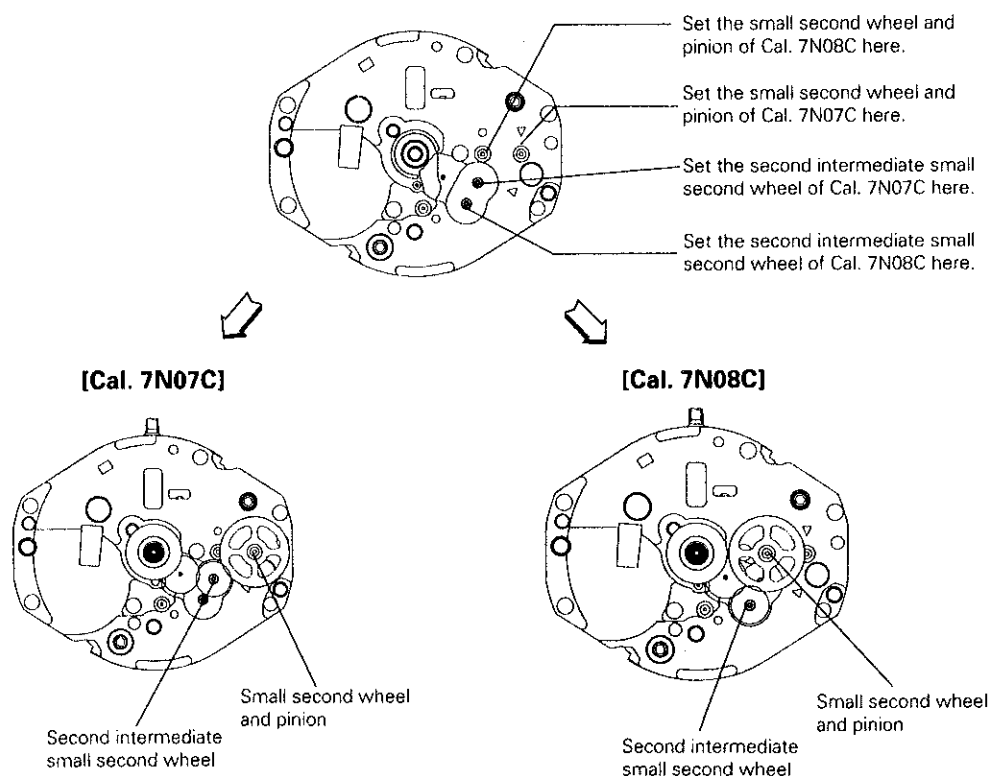
DIFFERENCE BETWEEN CAL. 7N07C AND 7N08C

Cal. 7N07C is a men's watch and Cal. 7N08C is a ladies' watch. Though all the parts used in Cal. 7N07C and Cal. 7N08C are identical, setting position of the two parts below is different.

- Set the small second wheel and pinion and the second intermediate small second wheel to the places marked with "▽" for Cal. 7N07C and "○" for Cal. 7N08C, respectively, as shown in the illustrations below.

VINTAGE RESTORATIONS

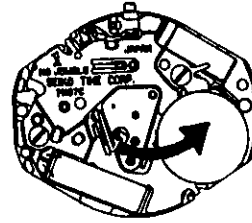
[Main plate]



⑩ Battery

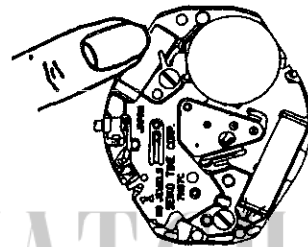
• How to install

Insert the battery aslant from the direction shown by the arrow.



⑪ Battery connection (+) screw

Fasten the screw on the crystal unit side while holding down the edge of the crystal unit.

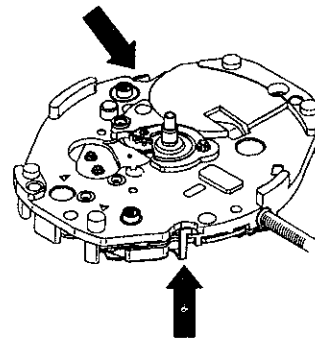


⑫ Battery connection (+)

• How to install

Have the hooking portion (2 places) catch the main plate.

Notes: 1. In disassembling and reassembling, take care not to deform the hooking portions.
2. After installing the battery connection (+), check that the two hooking portions securely catch the main plate.



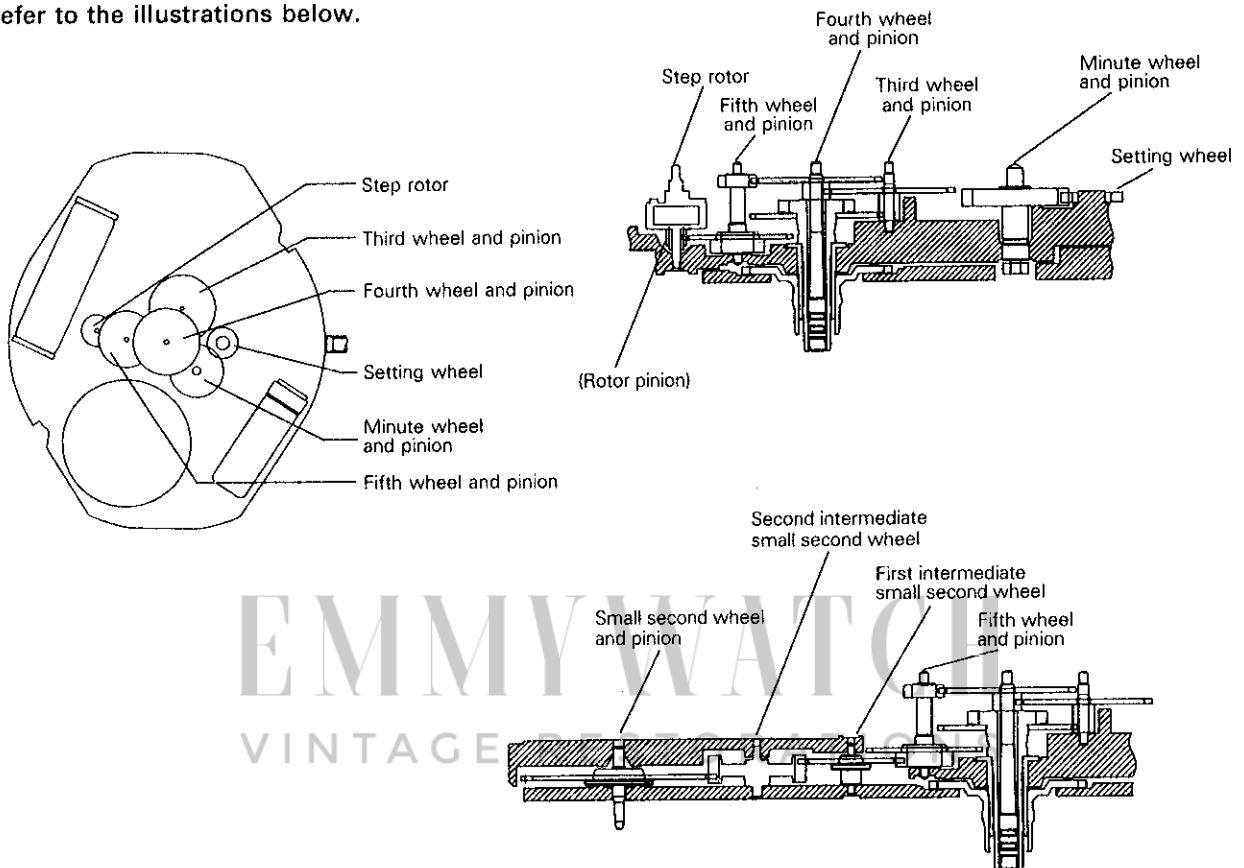
TECHNICAL GUIDE

Cal. 7N07C, 7N08C

14 Train wheel bridge

• Setting position

Refer to the illustrations below.



- Notes:**
1. Since the fifth wheel and pinion and step rotor are made of plastic, take care not to damage them in disassembling and reassembling.
 2. Set the step rotor with its pinion at the main plate side.

21 Train wheel setting lever

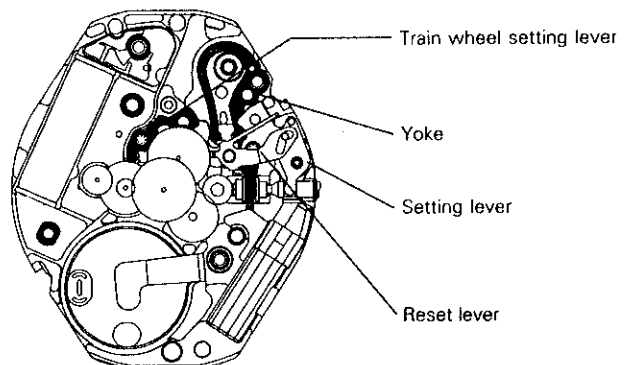
26 Reset lever

27 Setting lever

28 Yoke

• Setting position

Refer to the illustration at right.



Note: Take care not to deform the spring portion of the yoke.

III. VALUE CHECKING

- Coil block resistance

0.90K Ω ~ 1.30K Ω

- Current consumption

For the whole movement : less than 1.40 μ A

For the circuit block alone : less than 0.28 μ A

Remarks: When the current consumption exceeds the standard value for the whole movement but is within the standard value range for the circuit block alone, the watch is generating a driving pulse to compensate for the heavy load that may be applied to the gear train, etc.
In this case, overhaul and clean the movement parts and then measure current consumption for the whole movement again.

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VINTAGE RESTORATIONS