



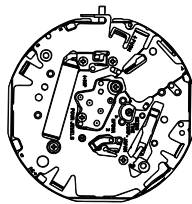
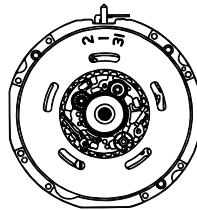
Seiko 8F56A Movement Parts (1)

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

PARTS CATALOGUE/TECHNICAL GUIDE

Cal. 4F56A, 8F56A

[SPECIFICATIONS]

Item		Cal. No.	4F56A	8F56A
Movement				
			The illustrations refer to Cal. 8F56A. (x 1.0)	
Movement size	Outside diameter		ø18.5 mm 17.7 mm x 18.5 mm	ø26.4 mm 25.6 mm x 25.6 mm
	Casing diameter		ø18.5 mm 17.1 mm x 18.5 mm	ø26.4 mm 24.8 mm x 24.8 mm
	Height (Including the battery portion)		4.8 mm	4.8 mm
Time indication			Hour, minute, second and 24-hour hands	
Driving system			<ul style="list-style-type: none"> • Step motor (for hour, minute, second and 24-hour hands) (Load compensated driving pulse type) • Ultrasonic motor (for calendar indication) 	
Additional mechanism			<ul style="list-style-type: none"> • Calendar (Leap year indication, month and date) Perpetual calendar up to February 28, 2100 • Train wheel setting device • Electronic circuit reset switch • Battery life indicator • Independent adjustment of hour hand • 24-hour hand 	
Loss/gain			Annual rate at normal temperature range: less than 20 seconds	
Regulation system			Logical regulation (Pattern cutting system: 3 steps)	
Measuring gate by quartz tester			Use 10-second gate.	
Battery	Battery No.		Sony CR1612, Matsushita CR1612	Matsushita CR2412
	Voltage		3.0 V	
	Battery life		Approx. 5 years	Approx. 10 years
Jewels			4 jewels	


PARTS CATALOGUE


Cal. 4F56A, 8F56A

Disassembling procedures Figs. : ① → ④⑦


Reassembling procedures Figs. : ④⑦ ← ①

Lubricating: Types of oil

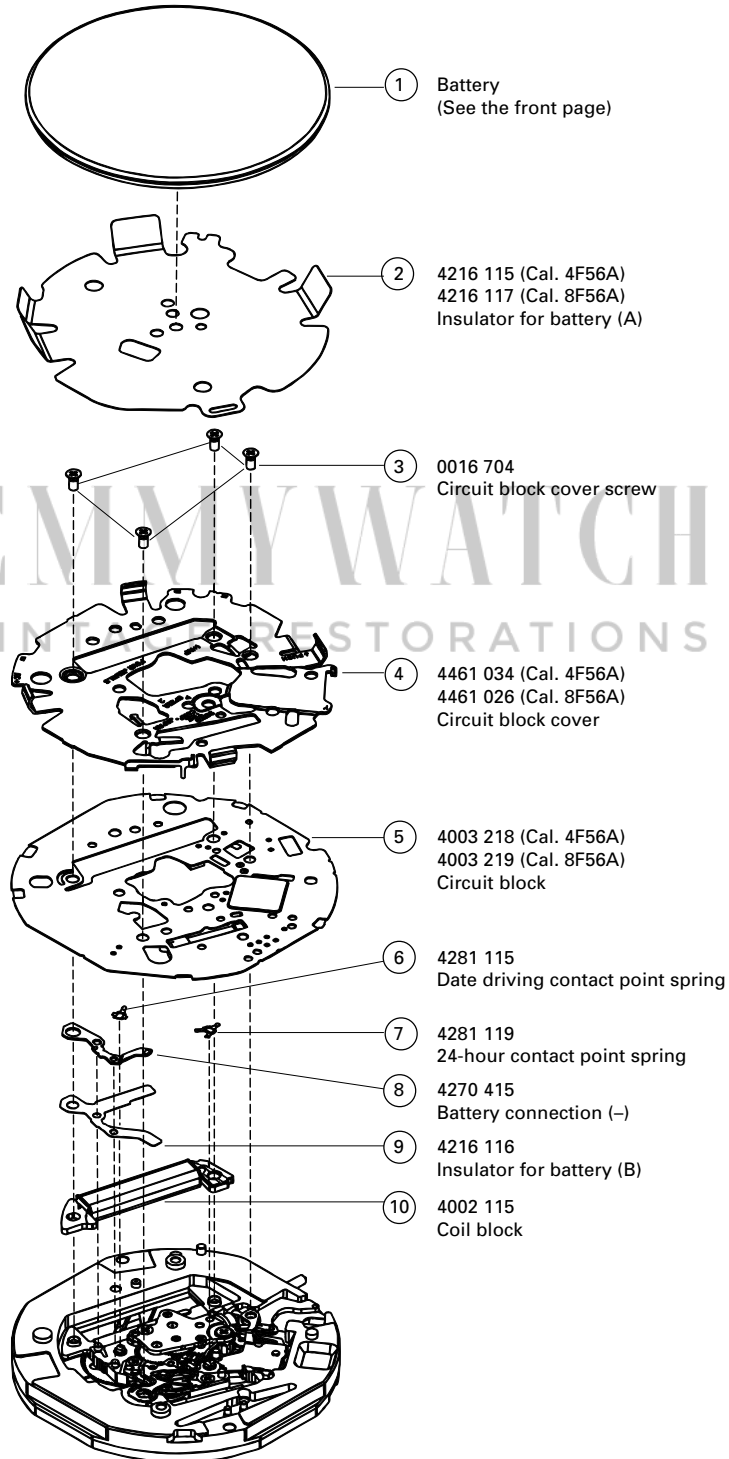
 Moebius A

 Moebius F

Oil quantity

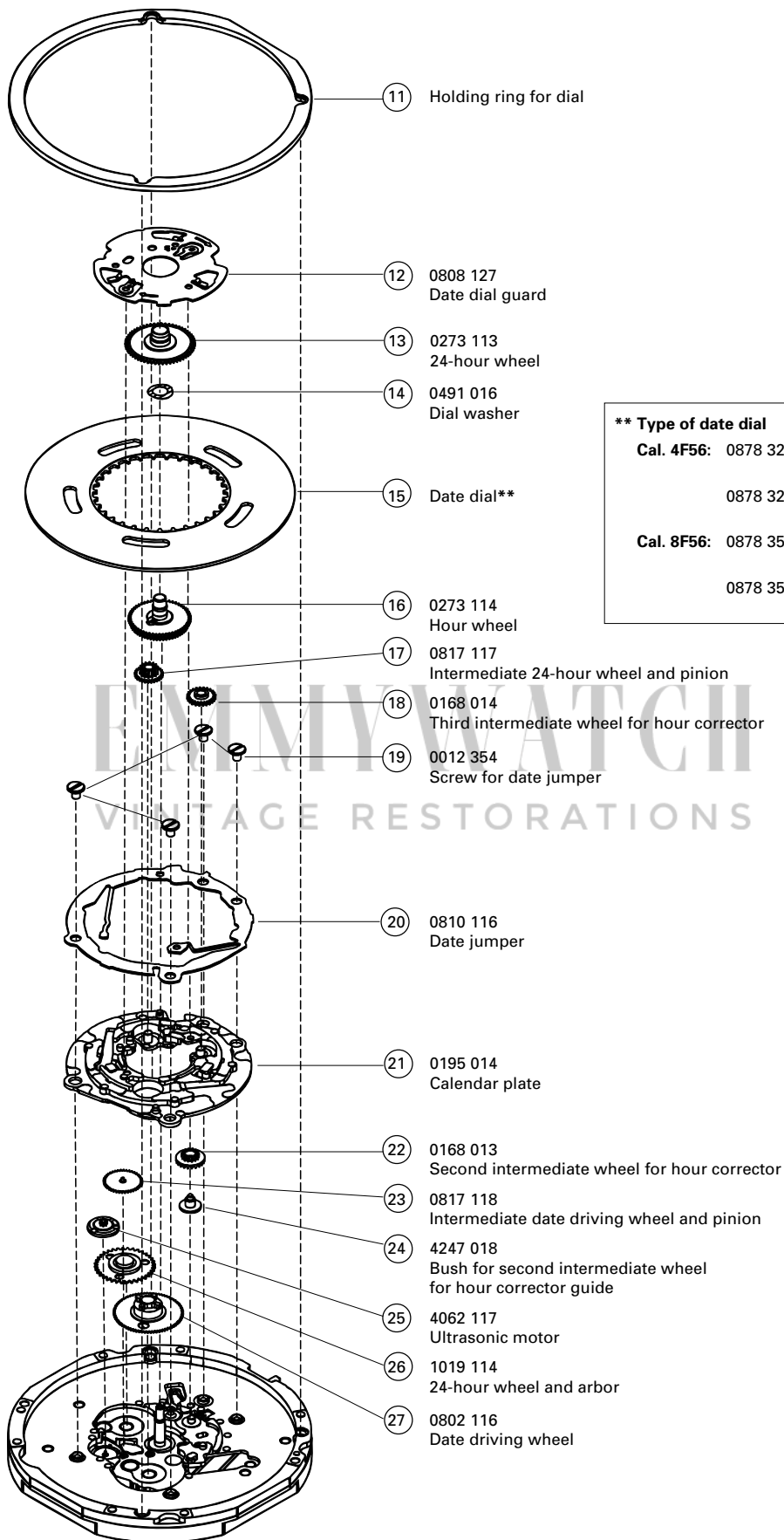
 Normal quantity

Ex. : Cal. 8F56A



PARTS CATALOGUE

Cal. 4F56A, 8F56A



**** Type of date dial**

Cal. 4F56:	0878 320	Black figures on white background
	0878 321	White figures on black background
Cal. 8F56:	0878 356	Black figures on white background
	0878 357	White figures on black background

EMMYWATCH
VINTAGE RESTORATIONS

PARTS CATALOGUE

Cal. 4F56A, 8F56A

