



EMMYWATCH
VINTAGE RESTORATIONS

Seiko 5M22A,5M23A Movement Parts (1)

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

PARTS CATALOGUE / TECHNICAL GUIDE

Cal. 5M22A

Cal. 5M23A

[SPECIFICATIONS]

Item		Cal. No.	5M22A	5M23A
Movement				
			The illustrations refer to Cal. 5M22A. (x 1.0)	
Movement size	Outside diameter		ø27.6 mm	
	Casing diameter		ø27.0 mm	
	Height		4.2 mm	4.3 mm
Time indication			3 hands	
Driving system			Step motor (Load compensated driving pulse type)	
Additional mechanism			<ul style="list-style-type: none"> • Automatic generating system • Power reserve indicator • Overcharge prevention function • Electronic circuit reset switch • Train wheel setting device • Date calendar • Day calendar (for Cal. 5M23 only) • Instant setting device for date calendar • Instant setting device for day calendar (for Cal. 5M23A only) 	
Loss/gain			Monthly rate at normal temperature range: less than 15 seconds	
Regulation system			Nil	
Measuring gate by quartz tester			Use 10-second gate.	
Power supply	Power generator		Automatic generating system	
	Capacitor		Matsushita EECW2R4E334	
Operating voltage range			Capacitor voltage: 0.5 ~ 2.3V	
Expected life per charge			From full charge to stoppage: Approx. 72 hours	
Jewels			6 jewels	

Disassembling procedures Figs. :

① → ⑤①

Reassembling procedures Figs. :

⑤① → ①

Lubricating: Types of oil

● Moebius A

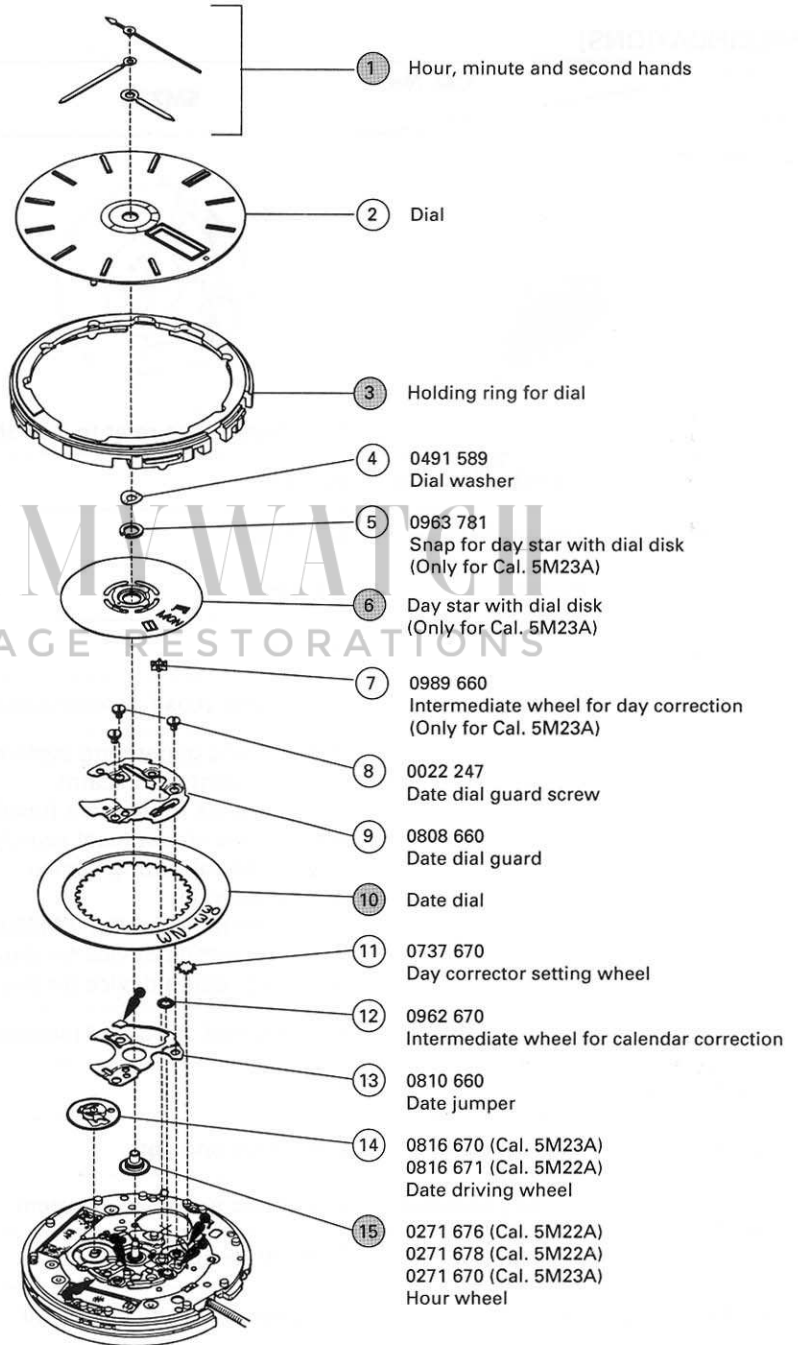
○ SEIKO Watch Oil S-6

Oil quantity

○ Normal quantity

◐ Extremely small

Ex.: Cal. 5M23A



● → Please see the remarks on the following pages.


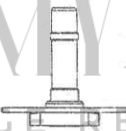

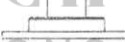
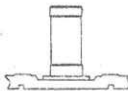
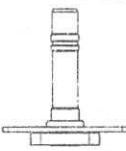

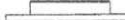
**SUPPLEMENT
TO
PARTS CATALOGUE / TECHNICAL GUIDE
CAL. 5M22A, 5M23A**

* Please attach this sheet to PARTS CATALOGUE/TECHNICAL GUIDE CAL. 5M22A, 5M23A to keep it for ready reference.

I. New Hand Installation Height for Cal. 5M22A

In addition to the standard type hand installation height, long type height has been introduced to Cal. 5M22A watches.

When ordering parts, refer to the table below.

Discrimination		Main plate	Center wheel and pinion	Fourth wheel and pinion	Hour wheel	Circuit block cover
Height	Numeral for discrimination					
Standard type	2	 100 661	 221 677	 241 676	 271 676	"2" is printed to indicate the hand installation height. 4457 741
Long type	3	 100 660	 221 676	 241 670	 271 670	"3" is printed to indicate the hand installation height. 4457 743

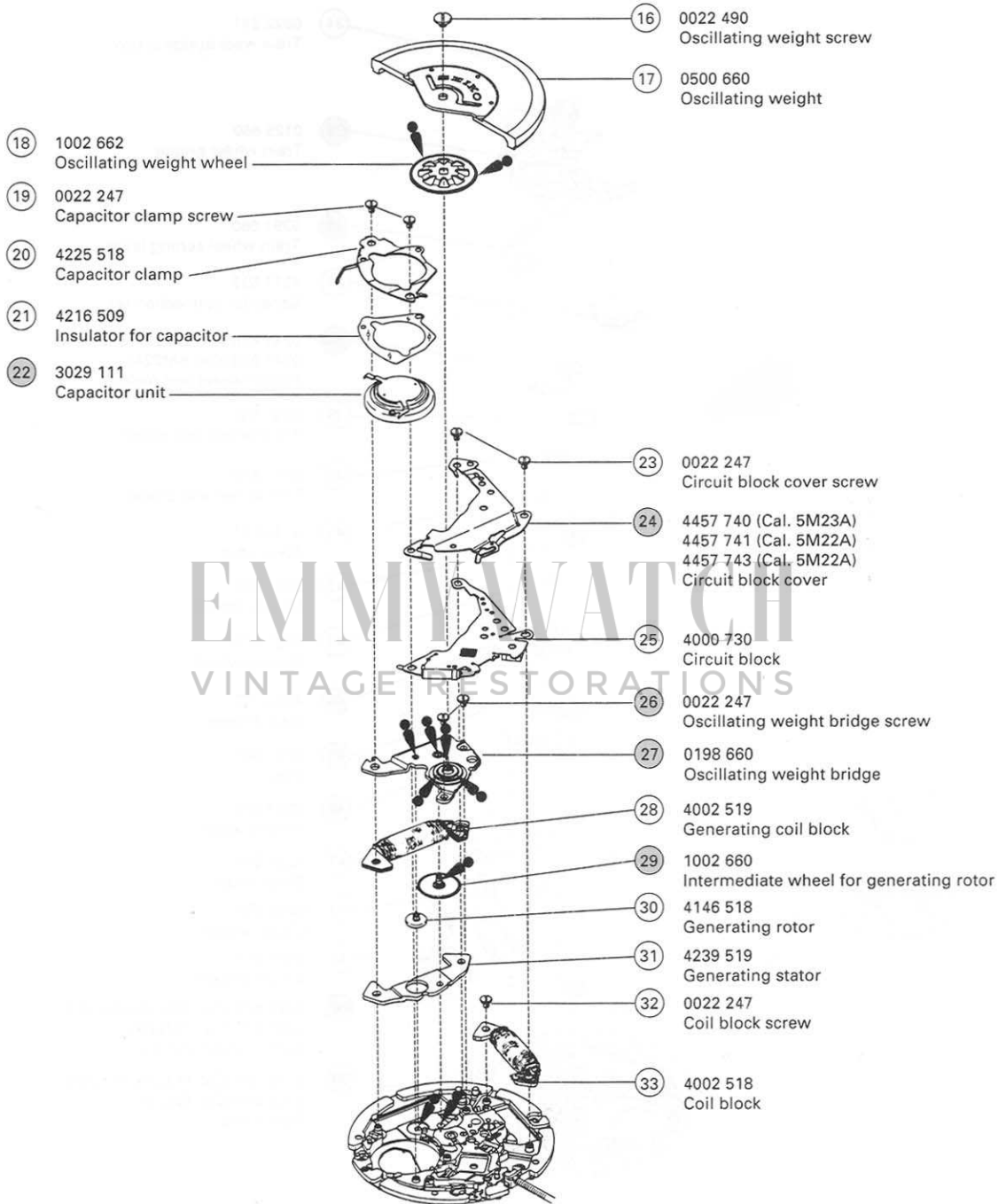
II. Correction of Part No. for Cal. 5M22A, 5M23A

(P. 4)

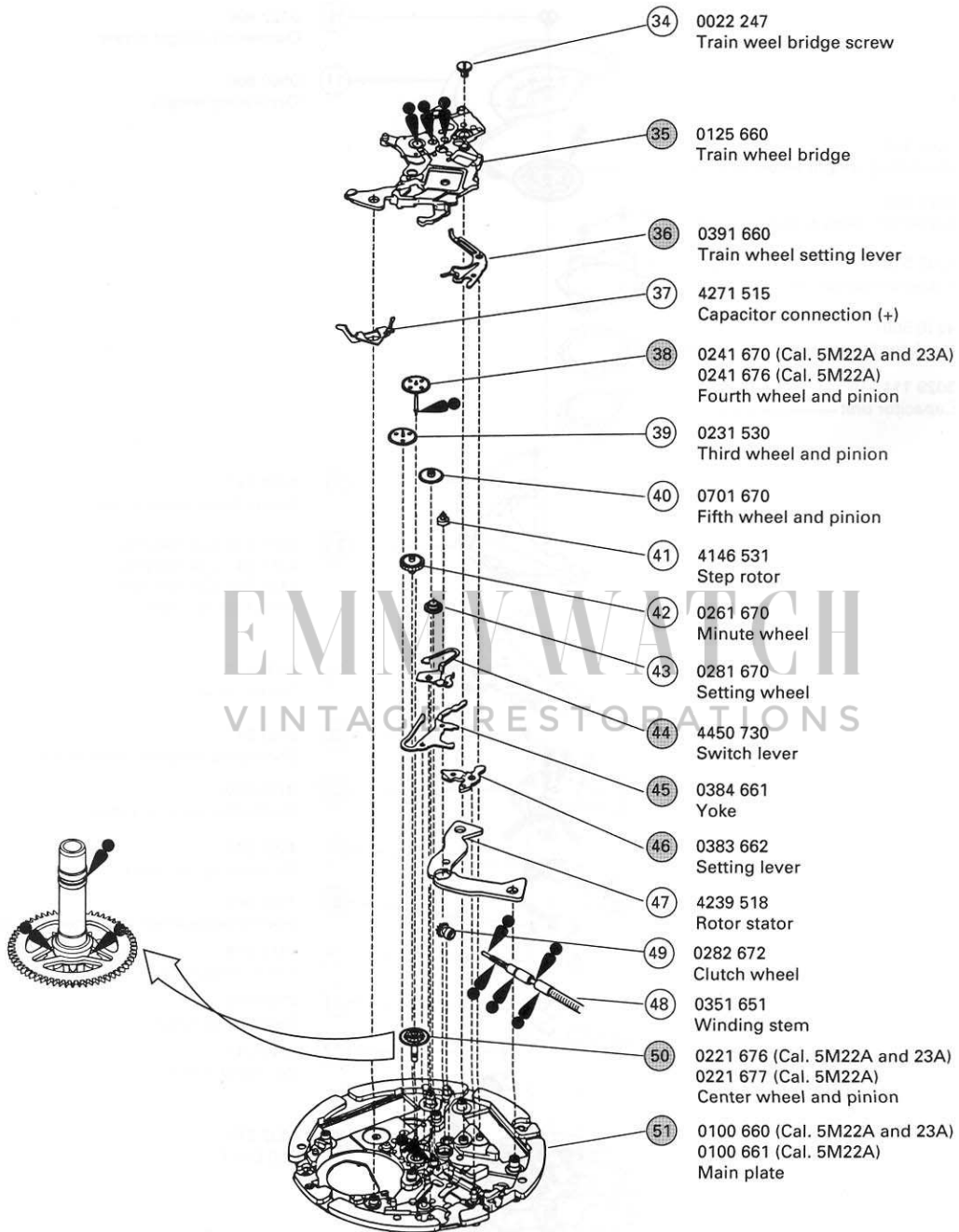
④9 Clutch wheel

[Incorrect] [Correct]

282 670 ⇒ 282 682



● → Please see the remarks on the following pages.



● → Please see the remarks on the following pages.

Remarks:

③ Holding ring for dial

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

⑥ Day star with dial disk (Only for Cal. 5M23A)

Part code	Language	Color of figure	Color of background
0150 659	English ↔ Spanish	White	Black

The type of day star with dial disk is determined based on the design of cases. If any other type of day star with dial disk is required, please specify the number inscribed on the disk.

⑩ Date dial

Cal. No.	Part code	Position of crown	Color of figure	Color of background
5M22A	0801 954	3 o'clock	Black	White
5M23A	0878 672	3 o'clock	White	Black

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

⑮ Hour wheel (Cal. 5M22A)

⑳ Circuit block cover (Cal. 5M22A)

㉘ Fourth wheel and pinion (Cal. 5M22A)

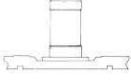
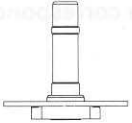
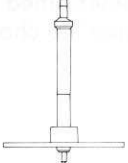

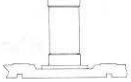
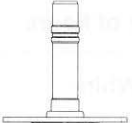

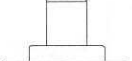
㉚ Center wheel and pinion (Cal. 5M22A)

㉜ Main plate (Cal. 5M22A)

Combination:

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

[Cal. 5M22A]

Discrimination		Main plate	Center wheel and pinion	Fourth wheel and pinion	Hour wheel	Circuit block cover
Height	Numeral for discrimination					
Standard type	2	 0100 661	 0221 677	 0241 676	 0271 676	"2" is printed to indicate the hand installation height. 4457 741
Long type	3	 0100 660	 0221 676	 0241 670	 0271 678	"3" is printed to indicate the hand installation height. 4457 743

[Cal. 5M23A]

Discrimination		Main plate	Center wheel and pinion	Fourth wheel and pinion	Hour wheel	Circuit block cover
Height	Numeral for discrimination					
Standard type	2	 0100 660	 0221 676	 0241 670	 0271 670	"2" is printed to indicate the hand installation height. 4457 740

TECHNICAL GUIDE

Cal. 5M22A, 5M23A

- The explanation here is only for the particular points of Cal. 5M22A and 5M23A.
- For the repairing, checking and measuring procedures, refer to the "TECHNICAL GUIDE, GENERAL INSTRUCTIONS".

I. STRUCTURE OF THE CIRCUIT BLOCK

