Enter to menu by longer pressing middle button when in TV mode (* - default).

So, for example, if You have problem with TV out, You can change „blind” for example light frequency by pressing 4 time „down” (button near lens) then „enter” (middle button), „down” and „enter”. Or If You want change quality to standard press „enter”, once „down” and „enter”.

0 Quality
  0.1 Fine *
  0.2 Standard
  0.3 Economic

1 MD Capture Time
  1.1 10 sec *
  1.2 1 min
  1.3 5 min
  1.4 10 min

2 MD Auto Delete
  2.1 On
  2.2 Off *

3 Date Input
  3.1 Off *
  3.2 Set
    3.2.1 DD/MM/YYYY
    3.2.2 MM/DD/YYYY
    3.2.3 YYYY/MM/DD

4 Light Frequency
  4.1 60 Hz *
  4.2 50 Hz

5 TV Output
  5.1 NTSC
  5.2 PAL *

6 Language
  6.1 English *
  6.2 Francais
  6.3 Deutsch
  6.4 Italian
  6.5 Espanol
  6.6 Portugues
  6.7 ? (asian signs)
  6.8 ? (asian signs )
  6.9 ? (asian signs )

7 System Reset
  7.1 Cancel *
  7.2 Execute

8 Time Stamp
  8.1 Off
  8.2 Date & Time *

9 Version

**Reset button is close to AV output, next to card slot.

Hope it helped. Hubert Kratyński.