

Seiffer Harald A
Form 4
February 10, 2010

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Seiffer Harald A

2. Issuer Name and Ticker or Trading Symbol
MOOG INC [MOGA/MOGB]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)

AUGUSTE-SUPPER-STR12

02/08/2010

Vice President

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

75365 CALW, 2M NONE

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				(A) or (D)	Price		
Class A Shares	02/08/2010		M	V	\$ 2,250 12.53	2,250	D
Class A Shares	02/08/2010		M	V	\$ 7,000 26.65	9,250	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Option to Buy <u>(1)</u>	\$ 12.53	02/08/2010		M	2,250	11/26/2007 11/26/2012	Class A Common	2,250
Option to Buy <u>(1)</u>	\$ 26.65	02/08/2010		M	7,000	<u>(2)</u> 01/12/2015	Class A Common	20,250
Option to Buy <u>(1)</u>	\$ 28.94					<u>(3)</u> 11/29/2015	Class A Common	20,250
Option to Buy <u>(1)</u>	\$ 36.67					11/28/2009 11/28/2016	Class A Common	20,250
Option to Buy <u>(1)</u>	\$ 42.45					11/26/2010 11/26/2017	Class A Common	20,250
SAR <u>(4)</u>	\$ 35.12					<u>(5)</u> 10/31/2018	Class A Common	20,500
SAR <u>(4)</u>	\$ 26.66					<u>(6)</u> 12/01/2019	Class A Common	15,375

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Seiffer Harald A AUGUSTE-SUPPER-STR12 75365 CALW, 2M NONE			Vice President	

Signatures

Timothy P.
Balkin

02/10/2010

__Signature of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Options granted under the 1998 and/or 2003 Incentive Stock Option Plans.

(2) Options are exercisable as follows: 2,693 on 1/12/06, 2,692 on 1/12/07, 3,751 on 1/12/08, 3,752 on 1/12/09, 3,752 on 1/12/10 and 3,610 on 1/12/11.

(3) Options exercisable as follows: 131 on 11/29/11, 3,455 on 11/29/12, 3,455 on 11/29/13, 3,455 on 11/29/14 and 9,754 on 11/29/15.

(4) Stock Appreciation Right (SAR) granted under the 2008 Stock Appreciation Rights Plan.

(5) SAR exercisable as follows: 6,834 on 10/31/09, 6,833 on 10/31/10 and 6,833 on 10/31/11.

(6) SAR exercisable as follows: 5,125 on 12/1/10, 5,125 on 12/1/11 and 5,125 on 12/1/12.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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