

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).
(Print or Type Responses)

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

1. Name and Address of Reporting Person* Garland Sean		2. Issuer Name and Ticker or Trading Symbol MOOG INC		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ Vice President _____						
(Last) (First) (Middle) 15-9 HONMOKU WADA NAKA-KU		3. Date of Earliest Transaction (Month/Day/Year) 12/1/2011								
(Street) YOKOHAMA 231-0827 JAPAN 231-0827		4. If Amendment, Date Original Filed (Month/Day/Year)		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person						
(City) (State) (Zip)		Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1. Title of Security (Instr. 3)		2. Transaction Date	2A. Deemed Execution Date, if any	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	(A) or (D)	Price	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 Indirect Beneficial Ownership (Instr. 4)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.
* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

FORM 4 (continued)

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, 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. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
							Title	Amount or Number of Shares				
Option to Buy (1)	\$12.53				(A)	11/26/2012	Class A Common	11,250		11,250	D	
Option to Buy (1)	\$28.01				(A)	11/30/2014	Class A Common	11,250		11,250	D	
SAR (4)	\$43.42				(A)	5/20/2018	Class A Common	4,000		4,000	D	
SAR (4)	\$35.12				(A)	10/31/2018	Class A Common	4,000		4,000	D	
SAR (4)	\$26.66				(A)	12/1/2019	Class A Common	3,000		3,000	D	
SAR (4)	\$36.86				(A)	11/30/2020	Class A Common	20,500		20,500	D	
SAR (4)	\$41.82	11/30/2011		A	(A)	11/30/2021	Class A Common	20,500	\$0.00	20,500	D	

Explanation of Responses:

See attached "FOOTNOTES" page.

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

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

Timothy P. Balkin
 ** Signature of Reporting Person

12/1/2011
 Date

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

- 1 Option to buy granted under the 1998 and/or 2003 Incentive Stock Option Plan.
- 2 Options exercisable as follows: 2,250 on 11/26/03, 2,250 on 11/26/04, 2,250 on 11/26/05, 2,250 on 11/26/06 and 2,250 on 11/26/07.
- 3 Options exercisable as follows: 2,250 on 11/30/05, 2,250 on 11/30/06, 2,250 on 11/30/07, 2,250 on 11/30/08 and 2,250 on 11/30/09.
- 4 Stock Appreciation Right (SAR) granted under the 2008 Stock Appreciation Rights Plan.
- 5 SAR exercisable as follows: 1,334 on 5/20/09, 1,333 on 5/20/10 and 1,333 on 5/20/11.
- 6 SAR exercisable as follows: 1,334 on 10/31/09, 1,333 on 10/31/10 and 1,333 on 10/31/11.
- 7 SAR exercisable as follows: 1,000 on 12/1/10, 1,000 on 12/1/11 and 1,000 on 12/1/12.
- 8 SAR exercisable as follows: 6,834 on 11/30/11, 6,833 on 11/30/12 and 6,833 on 11/30/12.
- 9 SAR exercisable as follows: 6,834 on 11/30/12, 6,833 on 11/30/13 and 6,833 on 11/30/14.