

TRIUMPH GROUP INC /
Form 4
August 04, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
BARTHOLDSON JOHN R

(Last) (First) (Middle)

1550 LIBERTY RIDGE, SUITE 100

(Street)

WAYNE, PA 19087

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
TRIUMPH GROUP INC / [TGI]

3. Date of Earliest Transaction
(Month/Day/Year)
08/02/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
Sr. VP, CFO, and Treasurer

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

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 Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	08/02/2006		M	A	\$ 3,364 43.125	164,470	D
Common Stock	08/02/2006		M	A	\$ 6,636 38.35	171,106	D
Common Stock	08/02/2006		S	D	\$ 100 47.72	171,006	D
Common Stock	08/02/2006		S	D	\$ 300 47.7	170,706	D
Common Stock	08/02/2006		S	D	\$ 100 47.68	170,606	D

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Common Stock	08/02/2006	S	100	D	\$ 47.64	170,506	D
Common Stock	08/02/2006	S	100	D	\$ 47.62	170,406	D
Common Stock	08/02/2006	S	600	D	\$ 47.59	169,806	D
Common Stock	08/02/2006	S	300	D	\$ 47.58	169,506	D
Common Stock	08/02/2006	S	300	D	\$ 47.57	169,206	D
Common Stock	08/02/2006	S	100	D	\$ 47.56	169,106	D
Common Stock	08/02/2006	S	400	D	\$ 47.52	168,706	D
Common Stock	08/02/2006	S	100	D	\$ 47.49	168,606	D
Common Stock	08/02/2006	S	200	D	\$ 47.47	168,406	D
Common Stock	08/02/2006	S	300	D	\$ 47.46	168,106	D
Common Stock	08/02/2006	S	300	D	\$ 47.45	167,806	D
Common Stock	08/02/2006	S	100	D	\$ 47.42	167,706	D
Common Stock	08/02/2006	S	100	D	\$ 47.41	167,606	D
Common Stock	08/02/2006	S	100	D	\$ 47.4	167,506	D
Common Stock	08/02/2006	S	100	D	\$ 47.69	167,406	D
Common Stock	08/02/2006	S	200	D	\$ 47.39	167,206	D
Common Stock	08/02/2006	S	300	D	\$ 47.38	166,906	D
Common Stock	08/02/2006	S	200	D	\$ 47.37	166,706	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)

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)	Amount or Number of Shares
Non-Qualified Stock Option (Right to Buy)	\$ 43.125	08/02/2006		M	3,364	<u>(1)</u> 04/17/2008	Common Stock	3,364
Non-Qualified Employee Stock Option (Right to Buy)	\$ 38.35	08/02/2006		M	6,636	<u>(2)</u> 04/20/2011	Common Stock	6,636

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BARTHOLDSON JOHN R 1550 LIBERTY RIDGE SUITE 100 WAYNE, PA 19087	X		Sr. VP, CFO, and Treasurer	

Signatures

John B. Wright, II, Power of Attorney for John R. Bartholdson

08/04/2006

__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) The options vested in four annual installments on April 27, 1998, 1999, 2000 & 2001

(2) The options vested in four annual installments on April 20, 2002, 2003, 2004 & 2005.

Remarks:

This is one of two filings reporting transactions on August 2, 2006.

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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