

OBRIEN THOMAS M
Form 4
August 15, 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

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 *
OBRIEN THOMAS M

(Last) (First) (Middle)
KADANT INC., ONE ACTON PLACE, SUITE 202

(Street)

ACTON, MA 01720

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
KADANT INC [KAI]

3. Date of Earliest Transaction (Month/Day/Year)
08/11/2006

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)
CFO, TREASURER, EXECUTIVE VP

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 Ownership (Instr. 4)
				(A) or (D) Price			
Common Stock	08/11/2006		M	100 A	\$ 13.05	12,924	D
Common Stock	08/11/2006		S	100 D	\$ 23.24	12,824	D
Common Stock	08/11/2006		M	5,200 A	\$ 13.05	18,024	D
Common Stock	08/11/2006		S	5,200 D	\$ 23.2	12,824	D
Common Stock	08/11/2006		M	1,100 A	\$ 13.05	13,924	D

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Common Stock	08/11/2006	S	1,100	D	\$ 23.11	12,824	D
Common Stock	08/11/2006	M	100	A	\$ 13.05	12,924	D
Common Stock	08/11/2006	S	100	D	\$ 23.09	12,824	D
Common Stock	08/11/2006	M	100	A	\$ 13.05	12,924	D
Common Stock	08/11/2006	S	100	D	\$ 23.08	12,824	D
Common Stock	08/11/2006	M	200	A	\$ 13.05	13,024	D
Common Stock	08/11/2006	S	200	D	\$ 23.06	12,824	D
Common Stock	08/11/2006	M	1,700	A	\$ 13.05	14,524	D
Common Stock	08/11/2006	S	1,700	D	\$ 23.05	12,824	D
Common Stock	08/11/2006	M	800	A	\$ 13.05	13,624	D
Common Stock	08/11/2006	S	800	D	\$ 23.04	12,824	D
Common Stock	08/11/2006	M	1,100	A	\$ 13.05	13,924	D
Common Stock	08/11/2006	S	1,100	D	\$ 23.03	12,824	D
Common Stock	08/11/2006	M	400	A	\$ 13.05	13,224	D
Common Stock	08/11/2006	S	400	D	\$ 23.02	12,824	D
Common Stock	08/11/2006	M	1,500	A	\$ 13.05	14,324	D
Common Stock	08/11/2006	S	1,500	D	\$ 23.01	12,824	D
Common Stock	08/11/2006	M	8,000	A	\$ 13.05	20,824	D
Common Stock	08/11/2006	S	8,000	D	\$ 23	12,824	D
Common Stock	08/11/2006	M	450	A	\$ 13.05	13,274	D

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 13.05	08/11/2006		M	24,550	12/10/2001 12/10/2008		Common Stock	24,550

Reporting Owners

Reporting Owner Name / Address	Relationships
OBRIEN THOMAS M KADANT INC. ONE ACTON PLACE, SUITE 202 ACTON, MA 01720	Director 10% Owner Officer CFO, TREASURER, EXECUTIVE VP

Signatures

Sandra L. Lambert for Thomas M. O'Brien
08/15/2006
**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).

Remarks:

THE TRANSACTIONS REPORTED ON THIS FORM 4 WERE EXECUTED PURSUANT TO A RULE 10b5-1 TRADING

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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