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CAHOUET Form 4	FRANK V										
January 20,	, 2010										
FORM			CECU						OMB A	PPROVA	۸L
	UNITED	STATES		RITIES A			COMMISSIC		OMB Number:	3235-	0287
Check t if no lo subject Section Form 4 Form 5 obligati	to 16. or Filed put	STATEMENT OF CHANGES IN BENEFICIAL OW SECURITIES Filed pursuant to Section 16(a) of the Securities Exchang Section 17(a) of the Public Utility Holding Company Act of							Estimated average burden hours per response		ry 31, 2005 0.5
may co <i>See</i> Inst 1(b).	nunue.			-	-	ny Act of 1		tion			
(Print or Type	e Responses)										
CAHOUET FRANK V Symbol				eDYNE TECHNOLOGIES INC					of Reporting Person(s) to eck all applicable)		
(Last) (First) (Middle)								r 10% Owner (give title Other (specify below)			
				Month/Day/Year) Applicable Line) _X_Form filed by O) by On	vint/Group Filing(Check One Reporting Person fore than One Reporting			
THOUSA	ND OAKS, CA 91	360					Person	эу Моі	re than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-J	Derivative	Securities A	cquired, Dispose	d of, c	or Beneficia	lly Owned	d
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution I any (Month/Da	Date, if	3. Transactic Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, Amount	(A) or of (D) 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	For (D) (I)	Ownership rm: Direct) or Indirect str. 4)	7. Nature Indirect Beneficia Ownersh (Instr. 4)	al
Reminder: Re	eport on a separate line	e for each cla	iss of sec				or indirectly				
Kennider, Ke	port on a separate line	e tor each cla	155 OF SCC	unites belle	Perso	ons who res	spond to the col tained in this for			SEC 1474 (9-02)	

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.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	ĺ	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock (1)	\$ 0 <u>(1)</u>	01/19/2010		А		106.9137 (1)		<u>(1)</u>	<u>(1)</u>	Common Stock	106.9137 (1)

Reporting Owners

Reporting Owner Name / Address		Relationsh	ips		
	Director	10% Owner	Officer	Other	
CAHOUET FRANK V 1049 CAMINO DOS RIOS THOUSAND OAKS, CA 91360	Х				
Signatures					
Frank V. Cahouet by Melanie S.	Cibik pur	suant to Pow	ver of At	torney previously filed with	01/20/2010

SEC. 01/20/2010

**Signature of Reporting Person

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) Represents shares of phantom stock issued to Reporting Person as meeting fees under the Teledyne Technologies Incorporated 2008 Incentive Award Plan - Non-Employee Director Administrative Rules and Executive Deferred Compensation Plan.

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

Date