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Form 4	INDUSTRIES	SINC								
May 20, 200 FORN Check th if no long subject to Section 1 Form 4 o Form 5 obligatio may cont <i>See</i> Instru 1(b).	14 UNITE	EMENT O pursuant to S 7(a) of the	Was F CHAN Section 14 Public Ut	Shington, GES IN I SECUR	D.C. 205 BENEFI ITIES e Securiti ling Com	549 CIA es Ez pany	L OWN	OMMISSION NERSHIP OF e Act of 1934, 1935 or Sectior 0	OMB Number: Expires: Estimated a burden hour response	
(Print or Type I	Responses)									
	Address of Reportin	ng Person <u>*</u>	Symbol	Name and			-	5. Relationship of Issuer (Check	Reporting Pers	
	(First) ARD INDUST GREEN ROAD		3. Date of (Month/D 05/18/20	-	ansaction			_X_ Director _X_ Officer (give below) Pres		Owner r (specify
	(Street)	22064		ndment, Dat th/Day/Year)	-			6. Individual or Jos Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Per	rson
	BEACH, FL 3							Person		
(City)	(State)	(Zip)	Tabl	e I - Non-D			-	uired, Disposed of,	or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction E (Month/Day/Ye	ar) Executio any		3. Transactio Code (Instr. 8) Code V	(Instr. 3, 4	sposed	l of (D)	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)
Forward Industries Common Stock	05/18/2005			М	10,000	A	\$ 2	312,427	D	
Forward Industries Common Stock	05/18/2005			S	10,000	D	\$ 19.13 (1)	302,427	D	
Forward Industries Common	05/19/2005			М	10,000	A	\$2	312,427	D	

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Stock					
Forward Industries Common Stock	05/19/2005	S	10,000 D	\$ 19.63 302,427 (2)	D

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

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 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. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exerci Expiration Dat (Month/Day/Y	æ	7. Title and A Underlying S (Instr. 3 and 4	ecurities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Stock Option	\$ 2	05/18/2005		М	10,000	01/01/2001	12/31/2005	Forward Industries Common Stock	10,000
Common Stock Option	\$ 2	05/19/2005		М	10,000	01/01/2001	12/31/2005	Forward Industries Common Stock	10,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
SCHIFFMAN MICHAEL C/O FORWARD INDUSTRIES INC 1801 GREEN ROAD, SUITE E POMPANO BEACH, FL 33064	Х		President & COO			

Signatures

Michael M. Schiffman

05/20/2005

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) 5000 shares at \$19.00 5000 shares at \$19.25 Average Price = \$19.13

(2) 5000 shares at \$19.50 5000 shares at \$19.75 Average Price = \$19.63

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.