

TORCHMARK CORP
Form 3
September 02, 2005

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *
H HUDSON CHARLES
FRANKLIN

(Last) (First) (Middle)

2. Date of Event Requiring Statement
(Month/Day/Year)
08/05/2005

3. Issuer Name and Ticker or Trading Symbol
TORCHMARK CORP [TMK]

4. Relationship of Reporting Person(s) to Issuer

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

GLOBE LIFE AND ACCIDENT INSURANCE CO, 204 NORTH ROBINSON

(Street)

(Check all applicable)

Director 10% Owner
 Officer Other
(give title below) (specify below)
Pres. & CEO of Principal Sub

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

OKLAHOMA
CITY, OK 73102

(City) (State) (Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	5,064	D	H
Common Stock	590 ⁽¹⁾	I	Thrift Plan Trust

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

SEC 1473 (7-02)

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

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1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Employee Stock Option (Right to Buy)	Â (2)	12/13/2013	Common Stock	15,000	\$ 44.89	D	Â
Employee Stock Option (Right to Buy)	Â (3)	12/15/2014	Common Stock	20,000	\$ 56.24	D	Â
Employee Stock Option (Right to Buy)	05/04/2005	05/04/2012	Common Stock	23,735	\$ 54.77	D	Â
Employee Stock Option (Right to Buy)	08/09/2001	08/11/2011	Common Stock	2,593	\$ 41.26	D	Â
Employee Stock Option (Right to Buy)	12/16/2002	12/18/2012	Common Stock	6,000	\$ 37.44	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HUDSON CHARLES FRANKLIN GLOBE LIFE AND ACCIDENT INSURANCE CO 204 NORTH ROBINSON OKLAHOMA CITY,Â OKÂ 73102	Â	Â	Â	Pres. & CEO of Principal Sub

Signatures

Charles F. Hudson, By:/s/Carol A. McCoy,
Attorney-in-fact 09/02/2005

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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) Shares in unitized fund in employee benefit plan - estimated conversion of \$ balance to shares using \$52.74 per share.
- (2) First exercisable as to 50% of shares on and after 12-11-2005 and as to remaining 50% of shares on and after 12-11-2006.
- (3) First exercisable as to 50% of shares on and after 12-13-2006 and as to remaining 50% of shares on and after 12-13-2007.

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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