

COMPETITIVE TECHNOLOGIES INC
 Form 4
 March 19, 2007

FORM 4

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

OMB APPROVAL

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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 *
 NANO JOHN B

2. Issuer Name and Ticker or Trading Symbol
 COMPETITIVE TECHNOLOGIES INC [CTT]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 C/O COMPETITIVE TECHNOLOGIES, INC., 777 COMMERCE DR., SUITE 100
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/19/2007

Director 10% Owner
 Officer (give title below) Other (specify below)
 President and CEO

FAIRFIELD, CT 06825
 (City) (State) (Zip)

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

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)	Code	V	Amount	(D)	Price

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)

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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 Underlying Security (Instr. 3 and 4)
Incentive Stock Option	\$ 2.52	03/19/2007		A	158,728	02/02/2007 ⁽¹⁾ 02/02/2017	common stock
Nonstatutory Option	\$ 2.52	03/19/2007		A	241,272	02/02/2007 ⁽²⁾ 02/02/2017	common stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NANO JOHN B C/O COMPETITIVE TECHNOLOGIES, INC. 777 COMMERCE DR., SUITE 100 FAIRFIELD, CT 06825	X		President and CEO	

Signatures

John B. Nano 03/19/2007
 __Signature of Date
 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) 39,682 exercisable on 2/2/2007 39,682 exercisable on 2/2/2008 39,682 exercisable on 2/2/2009 39,682 exercisable on 2/2/2010

(2) 60,318 exercisable on 2/2/2007 60,318 exercisable on 2/2/2008 60,318 exercisable on 2/2/2009 60,318 exercisable on 2/2/2010

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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