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RYANS FAMILY STEAKHOUSES INC

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Form 4

March 02, 2001

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WASHINGTON, D.C. 20549
FORM 4
STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
( ) Check this box if no longer subject to Section 16.
Form 4 or Form 5 obligations may continue. See Instructions 1(b).
1. Name and Address of Reporting Person
  Cockman, James D.
  Post Office Box 9338
  Greenville, SC 29604
  USA
2. Issuer Name and Ticker or Trading Symbol
  Ryan's Family Steak Houses, Inc.
  RYAN
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
  January 2001
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
   (X) Director ( ) 10% Owner ( ) Officer (give title below) ( ) Other
   (specify below)
  Director
7. Individual or Joint/Group Filing (Check Applicable Line)
   (X) 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
                       |2. |3. |4.Securities Acquired (A) |5.Amount of
1. Title of Security
                        | Transaction | or Disposed of (D)
                                                                     | Securities
                        | Beneficially
                                                      | A/|
                        1
                              | Owned at
                                                      | D | Price | End of Month
                        | Date |Code|V| Amount
 Table II -- Derivative Securitites Acquired, Disposed of, or Beneficially Owned
1. Title of Derivative |2. Con- |3. |4. |5. Number of De |6. Date Exer|7. Title and Amount |8. F
                    |version |Transaction | rivative Secu |cisable and | of Underlying
 Security
                                                                                     lof
                    |vat
                                                                                      |Sec
                                                                                      |rit
                                                  | A/|Exer-|ation| Title and Number | | | | |
                                                   | D |cisa-|Date | of Shares |
                    |rity |Date |Code|V| Amount | |ble | |
                                                                                      Employee Stock Option |\$9.25| |01/31|A| |V|5,000 |A| |01/31|01/31|Common Stock |5,000| Right to Buy ||01| ||01| ||01| ||01| ||01| ||01| ||01|
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Explanation of Responses: SIGNATURE OF REPORTING PERSON /s/James D. Cockman DATE March 2, 2001