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Form 4	y w										
January 05,	2012										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION								.т. .т	OMB APPROVAL		
Washington, D.C. 20549								OMB Number:	3235-0287		
Check t if no lor	laer							Expires:	January 31, 2005		
subject Section Form 4 Form 5	to STATEN 16. or	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934,					Estimated burden hou response	average Jrs per			
obligati may con <i>See</i> Inst 1(b).	ons ntinue. Section 17(a) of the l	Public U	Itility Hol	ding Con		of 1935 or Section	on			
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> Carter Terry W			2. Issuer Name and Ticker or Trading Symbol PostRock Energy Corp [PSTR]			5. Relationship of Reporting Person(s) to Issuer					
(Last)	(First) (Middle)	3. Date of Earliest Transaction			(Check all applicable)					
210 PARK AVE., SUITE 2750			(Month/Day/Year) 01/03/2012			X Director 10% Owner X Officer (give title Other (specify below) CEO					
(Street) OKLAHOMA CITY, OK 73102			4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 					
UKLAHU	WACHI,OK/S	102					Person				
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative	Securities A	Acquired, Disposed of	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution D any (Month/Day)		Date, if	Date, if TransactionAcquired (A) or Code Disposed of (D)		Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
	<i>.</i>	C 1 1	c	Code V		(D) Price					
Keminder: Ke	port on a separate line	tor each cl	ass of sec	unues bene	Person inform require	ns who rest ation cont ed to resp ys a curre	or indirectly. spond to the colle tained in this form ond unless the for ntly valid OMB co	are not rm	SEC 1474 (9-02)		

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)	or Dispose (D)	(Instr. 3, 4,				
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 2.93	01/03/2012		А	95,000		<u>(1)</u>	01/02/2017	Common Stock	95,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Carter Terry W 210 PARK AVE. SUITE 2750 OKLAHOMA CITY, OK 73102	Х		CEO				
Signatures							
/s/Stephen L. 01/0	5/2012						

DeGiusti <u>**</u>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) This option vests in 3 equal annual installments beginning on January 3, 2013.

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.