

☐ 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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>GARNEAU ROBERT M</u> (Last) (First) (Middle) <u>47 BITTERSWEET LANE</u> (Street) <u>SOUTH GLASTONBURY CT 060730000</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>KAMAN CORP [KAMN]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <div>Director 10% Owner</div> <div><input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Executive VP and CFO</u></div>
	3. Date of Earliest Transaction (Month/Day/Year) <u>03/13/2006</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <div><input checked="" type="checkbox"/> Form filed by One Reporting Person</div> <div>Form filed by More than One Reporting Person</div>

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Kaman Common Stock								151,166.68	D	

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. 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 Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Appreciation Rights (SAR)	\$9.9	03/13/2006		M			10,200	(1)	(1)	Kaman Common Stock	10,200	\$9.9	20,400	D	
Stock Appreciation Rights (SAR)	\$14.5	03/13/2006		M			5,800	(1)	(1)	Kaman Common Stock	5,800	\$14.5	5,800	D	
Stock Appreciation Rights (SAR)	\$16.3125	03/13/2006		M			8,000	(1)	(1)	Kaman Common Stock	8,000	\$16.3125	0	D	
Stock Options (Right to buy)	\$11.495							(1)	(1)	Kaman Common Stock	30,000		30,000	D	
Stock Options (Right to buy)	\$14.5							(1)	(1)	Kaman Common Stock	4,800		4,800	D	
Stock Options (Right to buy)	\$16.3125							(1)	(1)	Kaman Common Stock	2,500		2,500	D	

Explanation of Responses:

1. Exercisable at the rate of 20% per year, beginning one year after grant date; expires ten (10) years after grant. All options and stock appreciation rights are issued under the Corporation's 16b-3 qualified Stock Incentive Plan, including options issued under predecessor plan. The Plans include a feature which permits the exercise price for an option to be paid by withholding a portion of the shares otherwise issuable upon exercise.

Robert M Garneau

03/14/2006

** Signature of Reporting Person

Date