FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	CIVID ALL	TOVAL
	OMB Number:	3235-0287
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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).

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

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

1. Name and Address of Reporting Person*  GARNEAU ROBERT M					2. Issuer Name and Ticker or Trading Symbol KAMAN CORP [ KAMN ]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner						
(Last) (First) (Middle) 47 BITTERSWEET LANE						3. Date of Earliest Transaction (Month/Day/Year) 03/13/2006									X Officer (give title Other (specify below)  Executive VP and CFO					
(Street) SOUTH GLASTONBURY CT 060730000  (City) (State) (Zip)					4. If .	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)      X Form filed by One Reporting Person     Form filed by More than One Reporting Person					
	(			n-Deriv	ative	Se	curiti	ies Acc	nuired.	Dist	nosed of	f. or Be	nefic	ially	Owned					
Table I - Non-Deriva  1. Title of Security (Instr. 3)  2. Transport Date (Month/L					action Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. 5 Transaction Dis Code (Instr. 5)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3,		or	5. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	Amount (A) or (D)		ice	Transacti (Instr. 3 a	ion(s)				
Kaman Co	mmon Stoc	k												151,1	66.68		D			
		Т						•			sed of, onvertib			•	wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Execution if any (Month/Da	Date,	Code (In:		of Der Sec Acq (A) Dis of (I	lumber ivative urities juired or posed D) (Instr. and 5)	6. Date Exerci Expiration Da (Month/Day/Yo		е	7. Title and Am of Securities Underlying Derivative Sec (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	re es ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amo or Nun of Sha							
Stock Appreciation Rights (SAR)	\$9.9	03/13/2006			M			10,200	(1)		(1)	Kaman Common Stock	10,	200	\$9.9	20,40	0	D		
Stock Appreciation Rights (SAR)	\$14.5	03/13/2006			M			5,800	(1)		(1)	Kaman Common Stock	5,8	300	\$14.5 5,8		00 D			
Stock Appreciation Rights (SAR)	\$16.3125	03/13/2006			M			8,000	(1)		(1)	Kaman Common Stock	8,0	000	\$16.3125	0		D		
Stock Options (Right to buy)	\$11.495								(1)		(1)	Kaman Common Stock	30,	000		30,00	0	D		
Stock Options (Right to buy)	\$14.5								(1)		(1)	Kaman Common Stock	4,8	300		4,800	)	D		
Stock Options (Right to	\$16.3125								(1)		(1)	Kaman Common	2,5	500		2,500	)	D		

## **Explanation of Responses:**

buy)

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

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

- $^{\star}$  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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.