KAMAN CORP Form 4 March 14, 2007

FORM 4

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

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

GARNEAU ROBERT M S			2. Issuer Name and Ticker or Trading Symbol KAMAN CORP [KAMN]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Mont	e of Earliest (h/Day/Year) h/2007	•			(Check all applicable) Director 10% Owner X Officer (give title Other (specify below) Executive VP & CFO			
	(Street)		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 Person			
(City)	(State)	(Zip) T	able I - Non-	Derivative	Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Code (Instr. 8)	4. Securit order Dispos (Instr. 3,	sed of		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)	
Common Stock	03/13/2007		M	12,000	A	\$ 11.495	129,193.68	D		
Kaman Common Stock	03/13/2007		M	2,935	A	\$ 14.5	132,128.68	D		
Kaman Common Stock	03/13/2007		M	1,261	A	\$ 16.3125	133,389.68	D		
Kaman Common	03/13/2007		F	10,684	D	\$ 23.69	122,705.68	D		

OMB APPROVAL

Estimated average

burden hours per

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January 31,

2005

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Stock

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)

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. Transactio Code (Instr. 8)	5. Number of onDerivative 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Appreciation Rights (SAR)	\$ 9.9	03/13/2007		M	10,200	<u>(1)</u>	<u>(1)</u>	Kaman Common Stock	10,200
Stock Appreciation Rights (SAR)	\$ 14.5	03/13/2007		M	5,800	(1)	<u>(1)</u>	Kaman Common Stock	5,800
Stock Options (Right to buy)	\$ 11.495	03/13/2007		M	12,000	<u>(1)</u>	<u>(1)</u>	Kaman Common Stock	12,000
Stock Options (Right to Buy)	\$ 14.5	03/13/2007		M	2,935	<u>(1)</u>	<u>(1)</u>	Kaman Common Stock	2,935
Stock Options (Rigyt to buy)	\$ 16.3125	03/13/2007		M	1,261	<u>(1)</u>	<u>(1)</u>	Kaman Common Stock	1,261

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
GARNEAU ROBERT M			Executive VP & CFO				

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Signatures

Robert M. 03/14/2007

**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).
- 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 plans. The Plans include a feature which permits the exercise price for an option to be paid by withholding a portion of the shares otherwise issueable upon exercise.

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.

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