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**The nucleon spin and angular momentum**

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In this talk I review the recent developments in the decomposition of the nucleon spin in QCD. I first explain two of the most well-known decomposition schemes, namely Jaffe-Manohar and Ji schemes, and discuss their pros and cons. I then introduce the newly achieved decomposition which is essentially the gauge invariant completion of the Jaffe-Manohar scheme. In this approach, the orbital angular momenta of quarks and gluons are related to certain moments of the Wigner distribution. Moreover, one can define the density (in Bjorken  $x$ ) of the orbital angular momentum and determine its exact relation to twist-three generalized parton distributions (GPDs). Finally, if I have time, I will mention the case with the transverse spin decomposition as well as the possibility to measure the gluon helicity  $\Delta G$  on a lattice.