# GPDs and Orbital Angular Momentum

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Generalized Parton Distributions (GPDs) provide access to quark Orbital Angular Momentum (OAM). This is compared to OAM computed directly from light-front wave functions, and their difference can be explained in terms of the torque acting on a quark that is ejected from the nucleon. As a third alternative, twist-3 GPDs are investigated to access OAM.