

Quark Polarization

Un-Polarized
(U)

Longitudinally Polarized
(L)

Transversely Polarized
(T)

Nucleon Polarization

U

$$f_1 = \text{○} \bullet \text{○}$$

$$h_1^\perp = \text{○} \downarrow \text{○} - \text{○} \uparrow \text{○}$$

Boer-Mulders

L

$$g_{1L} = \text{○} \rightarrow \text{○} - \text{○} \rightarrow \text{○}$$

Helicity

$$h_{1L}^\perp = \text{○} \nearrow \text{○} - \text{○} \nwarrow \text{○}$$

T

$$f_{1T}^\perp = \text{○} \uparrow \text{○} - \text{○} \downarrow \text{○}$$

Sivers

$$g_{1T}^\perp = \text{○} \rightarrow \text{○} - \text{○} \leftarrow \text{○}$$

$$h_1 = \text{○} \uparrow \text{○} - \text{○} \downarrow \text{○}$$

Transversity

$$h_{1T}^\perp = \text{○} \nearrow \text{○} - \text{○} \nwarrow \text{○}$$