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Recent Progress on Light-Cone Distribution Amplitudes from LaMET

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Light-cone distribution amplitudes (LCDAs) are important nonperturbative inputs for understanding the internal structure of hadrons and for studying hard exclusive processes in QCD. In recent years, Large Momentum Effective Theory (LaMET) has provided a practical way to access the full momentum-fraction dependence of LCDAs from lattice QCD.
In this talk, I will reivew recent progress in the study of LCDAs using the LaMET approach, with a focus on light mesons and light baryons. For light mesons, I will discuss recent lattice studies of pseudoscalar and vector meson LCDAs and their implications for hadron structure. For light baryons, I will review recent theoretical and numerical developments in extending LaMET calculations to baryon LCDAs. I will also briefly discuss current challenges, such as systematic uncertainties and the need for higher precision, and outline future prospects for applying LaMET to a wider range of hadronic observables.

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