

## Exercise – Research JWT

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JWT or JSON Web Token is an internet standard for creating a secure JSON object, it defines a secure structure for transmitting JSON objects between two parties by adding optional signature or optional encryption.

JWT JSON objects consist of a header that contain the type of the token and the signing algorithm, a payload that contains the user data or “claims” as a JSON object, and a signature used to verify the authenticity of the token.

The signature is calculated by encoding the header and payload and joining them together into a string with a period separator. That string is then run through the signing algorithm specified in the header to hash it.

JWTs are commonly used for authentication and information exchange through APIs, and as a trigger to start a session.