HMAC

(Standard) RFC 2104

For each authenticated HTTP request,
the frontend **computes and send a message digest that combines the user's secret and some request arguments**

✓ User's password never transit back and forth (except the first time it is exchanged maybe)

✓ Digest can be send in clear

JSON Web Token

(Standard) RFC 7519

Encode user information in a string that is URL safe (token)

Tokens are usually authenticated and sometimes encrypted

✓ Web token can be used for stateful but yet session-less authentication

✓ Web token can be used across applications (microservices)

◉ revoking tokens can be complicated
  https://medium.com/@yuliaoletskaya/can-jwt-be-used-for-sessions-4164d124fe23