What's the difference between composite, s-video, component and rgb video? Is one better than the other?

Composite video is standard on all DVD players. You hook a standard video cable from the player to the display (or to an A/V receiver). The connectors are usually yellow and may be labeled video, CVBS, composite, or baseband.

A better solution is S-video. Almost all players have s-video output. S-video looks much better than composite video, and only slightly inferior to component video. Hook an s-video cable from the player to the display (or to an A/V receiver that can switch s-video). The round, 4-pin connectors may be labelled Y/C, s-video, or S-VHS.

Component video is the best solution: Most DVD players have interlaced (some also have progressive scan) component YUV (Y'Pb'Pr') video output in the form of 3 RCA-jack connectors. Connectors may be labeled YUV, color difference, YPbPr, or Y/B-Y/R-Y, and may be colored green/blue/red. (Some players incorrectly label the output YCbCr.) Some DVD players and HDTV receivers also have RGB component video output via a 15-pin video plug (similar to a monitor on your PC).