FTP is the most old-school and widely used way of hosting a site.

SFTP = "SSH File Transfer Protocol"

Cyberduck, WinSCP as recommended SFTP clients

Could just continue using FileZilla

In FileZilla -> toggle synchronized browsing (there's an icon for it on the far-right)

Cyberduck seems to have more advanced features than FileZilla

rsync is linux only. Unsurprisingly, it's a command line tool.

Github solution: It seems you can clone a repository into a server. Useful because you can create two branches: master branch for production and development branch for testing.

Process: Make a change to the development branch, then merge that change onto the production branch. Not sure why, but you also have to git pull from the server.

Using Github for deployment seems overly involved.

Capistrano won't work if your server doesn't have SSH access.

deployhq requires that you make an account. Seems to just streamline the github process.

Consider looking into rackspace

Beanstalk and dploy operate similarly to github.

Conclusion: Stick to using Cyberduck for the time being