Tip of the Red Giant Branch as a Distance Indicator

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The tip of the red giant branch (TRGB) marks the core helium flash of low mass stars. in I-band, the TRGB stars resolve at $M_I \sim$ –4.0 $\pm$ 0.1 and this luminosity has been shown both theoretically and observationally to be au excellent distance indicator, as it is insensitive to both metallicity aud age for low-metallicity systems. One of the major advantages of t he TRGB method over some other distance indicators such as the Cepheid PL relation is that since it is a Population II method, it can be applied to any morphological types of galaxies. It has also been shown that distances derived by two independent distance determinations (TRGB and Cepheids) agree with each other at 0.1 mag level. Some recent observations are reviewed during this talk. The TRGB method can also be used to test the metallicity dependence of the Cepheid 1'1, relation.