$pdflatex\ -jobname = Chap2\ "\ includeonly \{./Chapter2/chapter2\}\ \ \ input \{main\}\ "$ 

This compiles the first page of the main.tex file with chapter 2.tex found in folder Chapter 2. The resulting pdf is called Chap 2.pdf.

evince Chap2.pdf

This displays the pdf of Chapter2