This assumes you have all the DFU crap installed and such detailed on here:

<https://www.instructables.com/id/Control-A-Computer-With-Your-Mind/>

To enter keyboard mode and upload your keyboard code:

Upload your code first

Unplug and replug the arduino

Jump the two pins

Execute sudo dfu-programmer atmega16u2 erase

Execute sudo dfu-programmer atmega16u2 flash --debug 1 Arduino-keyboard-0.3.hex

Execute sudo dfu-programmer atmega16u2 reset

Unplug and replug the arduino

Hopefully it works?

To go back to normal usb mode:

Unplug and replug the arduino/spam the reset button/short the pins

One of these should make it stop spamming your computer with keys ^

Execute sudo dfu-programmer atmega16u2 erase

Execute sudo dfu-programmer atmega16u2 flash --debug 1 Arduino-usbserial-uno.hex

Execute sudo dfu-programmer atmega16u2 reset

Again hopefully this works?