

h - move cursor left
j - move cursor down
k - move cursor up
l - move cursor right
0 - jump to the start of the line
^ - jump to the first non-blank character of the line
\$ - jump to the end of the line
G - go to the last line of the document
5G - go to line 5
i - insert before the cursor
I - insert at the beginning of the line
ea - insert (append) at the end of the word
Esc - exit insert mode
r - replace a single character
J - join line below to the current one
u - undo
Ctrl + r - redo
. - repeat last command

yy - yank (copy) a line
2yy - yank (copy) 2 lines
yw - yank (copy) word
y\$ - yank (copy) to end of line
p - put (paste) the clipboard after cursor
P - put (paste) before cursor
dd - delete (cut) a line
2dd - delete (cut) 2 lines
dw - delete (cut) word
D - delete (cut) to the end of the line
d\$ - delete (cut) to the end of the line
x - delete (cut) character

:w - write (save) the file, but don't exit
:wq or :x or ZZ - write (save) and quit
:q - quit (fails if there are unsaved changes)
:q! or ZQ - quit and throw away unsaved changes