When using a new terminal command, type "man <command>". It will give you the full manual of the command usage. If you do not want to read the full manual, you can read a simple explanation of the flags of the commands. Most commands have a help function built in via "<command> —help" (Notice the two hyphens before help).

Basic usage:

SSH

USAGE: ssh -W [hostname]:[port] -l [login_name]

[Hostname] is the address (eg. saschina.org)
[Port] is a numerical id, like the door number to a building
[Login_name] is the username you are logging in under

Netcat

USAGE: nc [hostname] [port]

[Hostname] is the address (eg. saschina.org)
[Port] is a numerical id, like the door number to a building

ls

USAGE: ls

Lists the file names of files in current directory

cd

USAGE cd [directory]

[directory] place in file system eg. /Users/livelycarpet87/Documents

Changes directory to other directories.

rm

USAGE: rm [file]

[file] has to be in current directory, or expressed in absolute path

USE CAREFULLY, THIS IS NOT MOVE TO TRASH. NOT EASILY RECOVERABLE

whoami

USAGE: whoami
Prints current user's name

echo
USAGE: echo [text]
Computer repeats [text]

yes

USAGE: yes [text]
Computer infinitely prints text

Ctrl + c
Hard stops current running terminal process