It seems that you want to run two commands with one keyboard shortcut in Visual Studio Code. One command is to send a sequence of text to the terminal, and the other is to toggle the terminal visibility. According to the web search results, you can achieve this by using a macro extension or the built-in runCommands command. Here are some possible solutions:

• You can install the multi-command extension and define a sequence of commands in your settings, json file. For example:

Then you can assign a keybinding to this command in your keybindings.json file. For example:

```
{
  "key": "ctrl+shift+a",
  "command": "extension.multiCommand.execute",
  "args": {
     "command": "multiCommand.sendSequenceAndToggleTerminal"
},
  "when": "editorLangId == 'markdown'"
}
```

• You can use the runCommands command that is available in Visual Studio Code version 1.77 or later. This command allows you to run a sequence of commands with optional arguments. For example, you can add this keybinding to your keybindings.json file:

```
"text": "pandoc ${file} -o ${fileBasenameNoExtension}.pdf\n"
    },
    "workbench.action.terminal.toggleTerminal"
]
},
   "when": "editorLangId == 'markdown'"
}
```

For more information, you can refer to the documentation of the runCommands command or the Stack Overflow questions that discuss similar scenarios. I hope this helps you with your task.

Source: Conversation with Bing, 8/22/2023 (1) Visual Studio Code keybindings - Running two or more commands with one .... https://stackoverflow.com/questions/49611435/visual-studio-code-keybindings-running-two-ormore-commands-with-one-shortcut. (2) Visual Studio Code Key Bindings. https://code.visualstudio.com/docs/getstarted/keybindings. (3) Shortcut with multiple command in VSCode - Stack Overflow. https://stackoverflow.com/questions/55160717/shortcut-with-multiple-command-in-vscode.