Creating New Local Repo and Hooking it Up (All commands start with 'git')
Right-Click on project folder -> Git Bash to open command line window

git init
Initializes a local git repository in the folder

git remote add origin "your remote repository url"
Creates a link between local and remote repositories

git pull origin master
Pulls any data/changes from the remote master branch down to your local master branch

Commiting, Pushing, Branching
git add .
Any files that you created or edited will be added to the staging area, ready to be commited.
By default new or edited files are in an unstaged state until staged with this command.

git commit -m "Commit message"
Commits your staged files. They are now ready to be pushed up to their remote branch

git push origin "branch_name"
Pushes any commits up to the remote branch

git checkout -b bugfix
Create a new branch called bugfix. Must have committed or stashed all changes on current branch first.

git branch "branch_name"
Change to another branch, can only do this if you have nothing to commit on the branch you are migrating from. Must have committed or stashed all changes on current branch first.

git merge 'branch_name'
Merge a branch into current branch

git status
Check for unmerged files

git branch -d branch_name
Delete local branch. Must have committed or stashed all changes on current branch first.

git push origin :name
Deletes remote branch. Must have deleted locally first.

Git Reference - useful!

http://git-scm.com/book/en/v2/Getting-Started-About-Version-Control

Graphical User Interface Tools

Git Extensions https://code.google.com/p/gitextensions/

SourceTree http://www.sourcetreeapp.com/

Git for Windows https://windows.github.com/