1) Go to http://argouml.tigris.org/, click on "Click here to launch the latest stable release" under Launch via Java Web Start. Hit OK through all the popups asking if you want to launch it.

2) This pane shows the current project type and all of the elements in each diagram. You can see that a Package-centric project has a Class diagram and a Use Case diagram by default. By clicking on a diagram, you will switch to it in the main view.
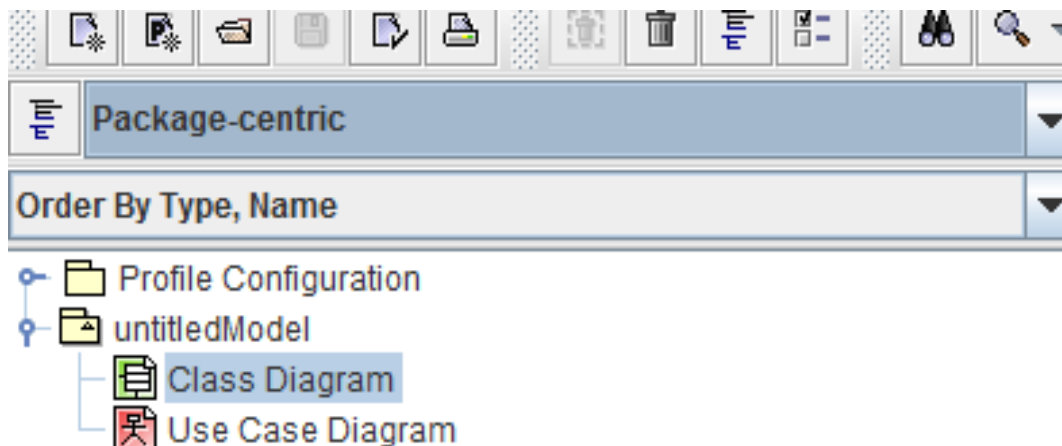
3) The colored buttons here are used to create new diagrams of different types. You can mouseover to find out what each button does. Going from left to right, they are: Use-Case, Class, Sequence, Collaboration, Statechart, Activity, and Deployment
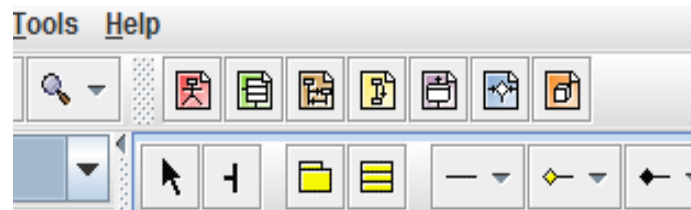
4) This is the main canvas area. Your currently selected diagram shows up here. The tools at the top are used to place elements and connections on the canvas, and are specific to each different type of diagram. Here you can see I have made a basic use-case diagram.
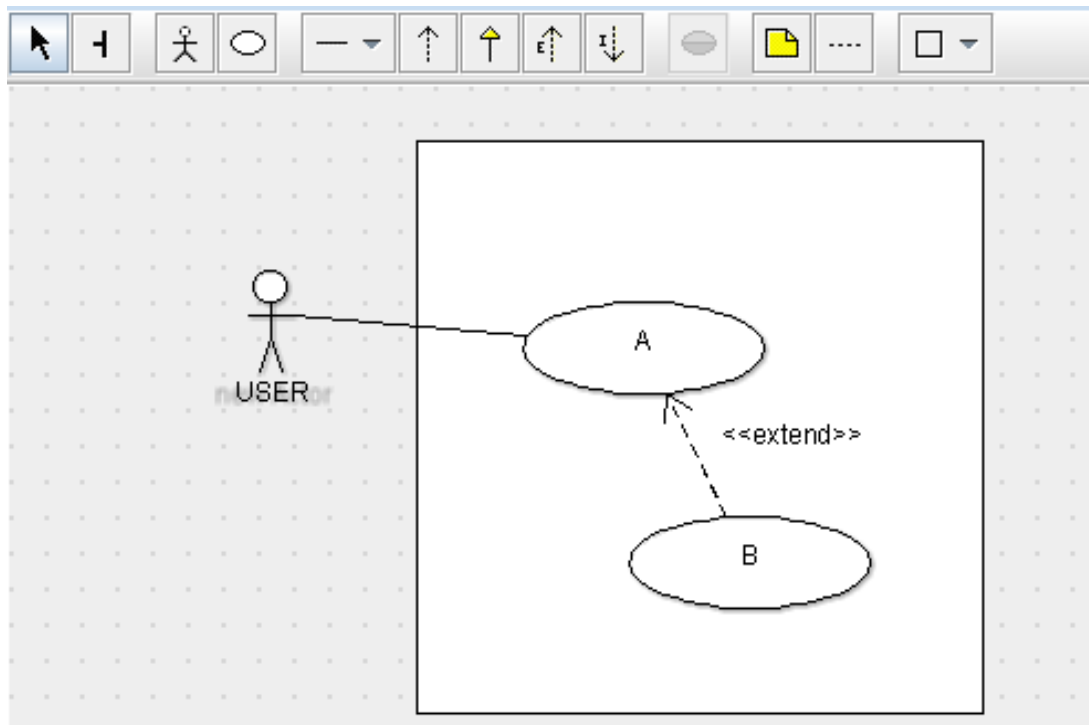
5) Below the main window there are several tabs. The most important of these is the Properties tab, which is selectable when you highlight an element in the main canvas. Here you can set the properties of an element, such as its type, name, and where it exists in the namespace.