VIM Guide

i	Insert Mode
Esc	Edit Mode

Saving and Exiting

ZZ	Save and exit
:q1	Discard all changes, exit
:wq	Save and exit
:w	Save file
: set nu	Line numbers

Moving

j	Up
k	Down
h	Left
l	Right
^	Beginning of current line
$	End of current line
nG	Nth line
G	Last line
w	Beginning of the next word
nw	Forward n words
{	Backward one paragraph
}	Forward one paragraph

Deleting

x	Delete character
nx	Delete n characters
dd	Delete current line
dnw,c	Delete to the nth word or character

Undo

u	Undo last action
U	Undo all changes to the current line

Copy and Paste

p	Paste the last item in the buffer
yw	Copy word
yy	Copy line