

C- or C-x u (undo)

C-f (forward-char)

C-b (backward-char)

C-n (next-line)

C-p (previous-line)

M-b (backward-word)

M-f (foward-word)

C-a (move-beginning-of-line)

C-e (move-end-of-line)

M-e (forward-sentence)

M-a (backward-sentence)

Sentences end with two spaces.

M-} (forward-paragraph)

M-{ (backward-paragraph)