Bash/ZSH Keyboard Shortcuts

Tab	Auto complete
^a	Beginning of line
^e	End of line
^f	Forward one character
^b	Back one character
^h	Delete one character (backwards)
%f	Forward one word
%b	Back one word
^w	Delete one word (backwards)
^u	Clear to beginning of line
^k	Clear to end of line
^y	Paste from Kill Ring
^t	Swap cursor with previous character
%t	Swap cursor with previous word
^p	Previous line in history
^n	Next line in history
^r	Search backwards in history
^l	Clear screen
^o	Execute command but keep line
^z	Suspend process
fg	restore process
bg	continue process in background
^c	Kill current process
^d	Exit shell

^ - Hold Control while pressing key

% - Hold meta (alt, or command on mac)

Bash Parameter Expansions

${parameter}	Value of parameter
${parameter:-word}	Use default
${parameter:=word}	Assign default
${parameter:?word}	Display Error
${parameter:+word}	Use Alternate
${parameter:offset}	Substring
${parameter:offset:length}	
${!name[@]}	List Array Keys
${#parameter}	Parameter length
${parameter#match}	Remove prefix
${parameter##match}	(longest)
${parameter%match}	Remove suffix
${parameter%%match}	(longest)
${parameter/pattern/string}	Substitution
${parameter^pattern}	Uppercase match
${parameter^^pattern}	Uppercase all
${parameter,pattern}	Lowercase match
${parameter,,pattern}	Lowercase all

Rockstar Penguin

Sed commands

:[label]	Set label
Zero/One address commands	
=	Print current line number
a \	Append text
text	(embedded newlines)
Address range commands	
b [label]	Jump to label
t (T) [label]	Jump to label on (failed) s///
c \	Replace match
text	(Embedded newlines)
d (D)	Delete (to newline)
h H	Copy/Append pattern
g G	Paste/Append hold
x	Exchange hold/pattern
n N	Read/Append next line
p	Print pattern
s/regex/replace/	Substitution
Addresses	
first~step	Starting at first, every stepth
/regex/	Lines matching regex
addr1,+N	addr1 and N following lines
Various	
{c1;c2;c3;}	List of commands
;	Separate commands

Using GNU Sed 4.2.2. Handy one-liners:
http://sed.sourceforge.net/sed1line.txt