To comment out blocks in vim:

- press Esc (to leave editing or other mode)
- hit ctrl+v (visual block mode)
- use the up/down arrow keys to select lines you want (it won't highlight everything - it's OK!)
- Shift+i (capital I)
- insert the text you want, i.e. %
- press EscEsc

To uncomment blocks in vim:

- press Esc (to leave editing or other mode)
- hit ctrl+v (visual block mode)
- use the \uparrow/\downarrow arrow keys to select the lines to uncomment.

If you want to select multiple characters, use one or combine these methods:

- use the left/right arrow keys to select more text
- o to select chunks of text use shift $+ \leftarrow/\rightarrow$ arrow key
- you can repeatedly push the delete keys below, like a regular delete button
- press d or x to delete characters, repeatedly if necessary