Vim

Basic commands

`:w [file]`	Write to *file*
`:x`	Exit, saving changes
`:q`	Exit as long as there have been no changes
`:q!`	Exit and ignore any changes
`:wq`	Save file and exit

Inserting Text

`i`	Insert before cursor
`I`	Insert before line
`r`	Replace one character
`R`	Enter insert mode, but replace

Motion

`h`	Move left
`j`	Move down
`k`	Move up
`l`	Move right
`w`	Move to next word
`W`	Move to next blank delimited word
`e`	Move to the end of the word

Cut and paste

1. Position the cursor where you want to begin cutting
2. Press `v` (or `V` if you want to cut whole lines)
3. Move the cursor to the end of what you want to cut
4. Press `d`
5. Move to where you would like to paste
6. Press `p` to paste after the cursor, or `P` to paste before