Quitting

:x	Exit and save changes
:q!	Exit and ignore changes

Inserting Text

i	Insert before cursor
I	Insert before line
a	Append after cursor
A	Append after line
o	Open a new line after current line
O	Open a new line before current line

Motion

G	Move to last line
gg	Move to first line
H	Move to top of screen
M	Move to middle of screen
L	Move to bottom of screen
w	Move to next word
0	Move to beginning of line
$	Move to end of line