Commands structure

<number> <command> <text object or motion>	**<number>**	- perform the command over multiple text objects or motions,
	<command>	is an operation, e.g., change, delete (cut), or yank (copy)
	<text object or motion>	an either be a text construct, e.g., a word, a sentence, a paragraph, or a motion, e.g., forward a line, back one page, end of the line.

Text Objects

aw	a word (includes surrounding white space)
iw	inner word (does not include surrounding white space)

Sentences

as	a sentence
is	inner sentence

Paragraphs

ap	a paragraph
ip	inner paragraph

Strings

a"	a double quoted string
i"	inner double quoted string
a'	a single quoted string
i'	inner single quoted string
a`	a back quoted string
i`	inner back quoted string