Setup

docker swarm init	Start a swarm, with this machine as manager
docker service create --name registry --publish published=5000,target=5000 registry:2	Create registry
curl http://localhost:5000/v2/	Test Registry
docker-compose build && docker-compose push	Build and push service containers

Deploy

docker stack deploy --compose-file docker-compose.yml *STACK_NAME*	Deploy the stack
docker stack services *STACK_NAME*	Check status of stack

Update services

docker-compose build && docker-compose push	Rebuild and push service containers
docker stack deploy --compose-file docker-compose.yml *STACK_NAME*	Update any out of date services

Teardown

docker stack rm *STACK_NAME*	Kill all services
docker service rm registry	Kill registry
docker swarm leave --force	Leave the swam

Addendum

Full tutorial

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