MOVING THE MARKER
If Direction Indicator Is Horizontal:
Left Arrow  Move the Marker one cell to the left.  (Direction indicator independent)
Ctrl-A       Move the Marker one cell to the left.  (Direction indicator independent)
Right Arrow Move the Marker one cell to the right.  (Direction indicator independent)
Ctrl-S      Move the Marker one cell to the right.  (Direction indicator independent)

If Direction Indicator Is Vertical:
Left Arrow  Move the Marker one cell up.  (Direction indicator independent)
Ctrl-Q      Move the Marker to top left of worksheet (within titles).
Right Arrow Move the Marker one cell down.  (Direction indicator independent)
Ctrl-Z      Move the Marker to bottom right of worksheet.

Other Marker Moves
Ctrl-W      Move the Marker 10 cells up.
Ctrl-X      Move the Marker 10 cells down.
Ctrl-E      Move the Marker to top left of worksheet.
Ctrl-C      Move the Marker to bottom right of worksheet.
TAB         Tab to next unprotected field.
Ctrl-Y      Tab to previous unprotected field.
;           Move marker to alternate window (if defined with AW command).
>coord      Go To command.  Sends marker directly to a coordinate.

CALCULATION
+           Addition
-           Subtraction
*           Multiplication
/           Division
^           Exponentiation
#           Replaces coordinate immediately to the left of 1 cursor on the entry line with its value.
!           If pressed when a formula is on the entry line, replaces the formula with its calculated value.
!           If pressed when the entry line is empty, causes the entire worksheet to be recalculated.

EDITING
ESC         ESCAPE key deletes the character on the entry line immediately preceding the edit cursor. Also called destructive backspace.
Ctrl-E      Invokes edit mode.  For more information on editing data on the entry line, see the /E (edit) command.
Ctrl-T      Truncates from cursor position to end of line.
Any Other Key Insert character on keycap.

FUNCTIONS
@ABS(value) Return absolute value.
@AND(list)   Return TRUE if all values are TRUE, otherwise FALSE.
@AVERAGE(list) Return the average of a list of values, a range, or a list of ranges.
@CHOOSE(index, list) Return the value in the list corresponding to the value of index.
@COL         Return the numerical value of the current column.
@COUNT(range) Return the number of values in a range.  Labels and blank cells are not counted.
@ERROR      Return the value ERROR.
@EXP(value)  Return the value of e raised to the value\n@FALSE      Return the value FALSE.
@IF(condition, value1, value2) Return value if condition is true, otherwise return value2.
@INT(value)  Return the integer portion of value.
@ISERROR    Return TRUE if value is ERROR, otherwise FALSE.
@ISNA(value) Return TRUE if values is NA, otherwise FALSE.
@LN(value)   Return the natural (base e) logarithm of value.
@LOG10(value) Return the common (base 10) logarithm of value.
@LOOKUP(value, range) Compare value to the table specified by range and return the lookup value corresponding to the last table value less than or equal to value.
@MAX(list)  Return the maximum value in a list.
@MIN(list)  Return the minimum value in a list.
@NA         Return the value NA.
@NOT(logical) Return TRUE if logical is FALSE, otherwise return FALSE.
@NPV (discount, range)  Return net present value of a range of cash flows discounted at discount. Discount must be a decimal fraction.

@OR(list)  Return TRUE if any values in the list are TRUE, otherwise return FALSE.

@PI  Return the value of Pi.

@ROUND (value, ndec)  Return value rounded to ndec decimal places.

@ROW  Return the row number.

@SORT(value)  Return the square root of value.

@SUM(list)  Return the sum of a list of values. Blank cells and labels are ignored.

@TRUE  Return the value TRUE.

CALCULATE SUBSYSTEM COMMAND SUMMARY

/A Set Attribute
   D Default
   A All. Accept all data.
   L Labels. Accept only labels.
   V Values. Accept only values.
   P Protect. Do not allow data entry in cell.
   H Hide. Hide contents of cell.

/B Blank Contents of Cell

/C Clear Worksheet. Must be confirmed with a Y.

/D Delete Row or Column
   R Delete row on which the marker rests.
   C Delete column on which the marker rests.

/E Edit a Cell
   Arrow keys  Non-destructive cursor movement.
   ESC  Destructive backspace.
   Other keys  Insert characters.

/F Format a Cell
   D Default
   G General. As much precision as possible within column boundaries.
   I Integer. Display values as integers, but retain decimal significance to 11 digits.
   L Left Justify. Display values and labels flush left in a column.
   R Right Justify. Display values and labels flush right in a column.

/S Dollars. Display values to two decimal places (dollars and cents).
   * Graphic. Display rough line graph format for values.

/I Set Global Parameters
   C Set Global Column Width. Set column width for the entire worksheet.
   O Calculation Order. Set the order in which the worksheet is calculated.

/R Calculate the worksheet row by row.

/C Calculate the worksheet column by column.

/R Recalculation. Should the entire worksheet be recalculated every time a new value is entered.
   A Automatic. Recalculate the entire worksheet every time a new value is entered.
   M Manual. Recalculate the entire worksheet only when the exclamation point (!) key is pressed.

/I Insert Row or Column
   R Insert row above the row on which the marker rests.
   C Insert column to the left of the column on which the marker rests.

/L Set Individual Column Width. Set the width of the column on which the marker currently rests.
   Column width may be any value 0 through 36. A column width of 0 will produce a "hidden" column which will be skipped when moving the marker. "Hidden" columns are only accessible using the Go To (C) command. When the marker is resting on a "hidden" column, it vanishes from the worksheet and appears on the contents line.

/M Move a Row or Column to another position on the worksheet. A cell in the row or column to be moved must be specified as the "from" location, and a cell in the row or column below or to the right of the desired location must be specified as the "to" location.
   A column move will take place if both cells have the same row number.
   A row move will take place if both cells have the same column number.

/IP Invoke the Print Subsystem

/IR Reproduce. Reproduces a cell, a range of cells, or a block of cells to other locations on the worksheet.
   ( Invoke Reproduce options.
   A Copy attributes only.
   F Copy formats only.
   C Copy contents of cell only (no formats or attributes).
   V Copy values and labels (no formulas).
   N Copy all formulas with no change in the cell references, and no prompting.
   R Copy all formulas with relative change in the cell references, and no prompting.

/IS (Storage command) Invoke the File Subsystem.

/IT Set Titles for Worksheet.
   H Define horizontal titles as the row on which the marker is currently resting, and all rows above it.
   V Define vertical titles as the column on which the marker is currently resting, and all columns to the left of it.
   B Both horizontal and vertical titles are fixed as the row on which the marker is currently resting and above; the column on which the marker is currently resting and left.
   N None. Remove all title definitions.

/IW Set Window.
   H Horizontal window split occurs at the current marker position, creating two windows.
   V Vertical window split occurs at the current marker position, creating two windows.
   I Any window splits in effect are removed, and the worksheet is displayed as one large window.
   S Synchronize Windows. When windowing is in effect, synchronized windows force the two windows to scroll together.
   U Unsyncronize Windows. When windowing is in effect, the unsynchronized command causes the two windows to scroll independently of one another.

/- Repeating Label. Causes a character or string of characters to be repeated as many times as necessary to fill a cell. This function is independent of column width.