tmux Cheat Sheet — Tony's Zero-Plugin Setup

No TPM, no theme plugins · native tmux only · tmux 3.8 on macOS

> **Prefix is `Ctrl` + `a`.** pfx below means: press `Ctrl` + `a`, release, then the key. Keys without pfx need no prefix at all.

CORE

from the video

`Ctrl` + `a`	The prefix (replaces Ctrl+b)
pfx `Ctrl` + `a`	Send literal Ctrl+a — nested tmux
pfx `|`	Split vertically (side by side)
pfx `-`	Split horizontally (stacked)
pfx `h` `j` `k` `l`	Pane left / down / up / right
`Alt` + `h` `j` `k` `l`	Same, no prefix — instant
`Alt` + `1` … `9`	Jump straight to window 1–9
`Shift` + `←` `→`	Previous / next window
pfx `r`	Reload tmux.conf

COPY MODE

vi keys

pfx `[`	Enter copy mode / scrollback
`q`	Leave copy mode
`h` `j` `k` `l` `w` `b`	Vi motions through the buffer
`/` then `n` / `N`	Search, next / previous match
`v`	Begin character selection
`Ctrl` + `v`	Toggle block selection
`y`	Yank to macOS clipboard, exit
`Enter`	Yank and exit (same as y)
mouse drag	Selects without auto-copying

ADDED

not in the video

pfx `H` `J` `K` `L`	Resize pane by 5 — repeatable
pfx `c`	New window in current directory
splits	Also inherit current directory

TMUX DEFAULTS

kept as-is

pfx `d`	Detach from session
pfx `z`	Zoom pane fullscreen / restore
pfx `]`	Paste the tmux buffer
pfx `x`	Kill pane (confirms)
pfx `&`	Kill window (confirms)
pfx `,`	Rename window
pfx `s` / `w`	Session / window picker
pfx `Space`	Cycle pane layouts
pfx `{` `}`	Swap pane back / forward

STATUS BAR LEGEND

	CPU — green, amber 60%, red 85%
	RAM — green, amber 70%, red 90%
	Uptime since boot
	Battery; bolt means on AC power
	Session name
✓ pill	Cyan pill marks the active window
`PREFIX`	Magenta badge = Ctrl+a is armed

BEHAVIOUR SETTINGS

`base-index 1`	Windows and panes start at 1
`renumber-windows`	Numbers stay contiguous on close
`mouse on`	Scroll and click to select panes
`set-clipboard on`	Talks to the system clipboard
`history-limit`	50,000 lines of scrollback
`escape-time 10`	No ESC lag in Neovim
`tmux-256color`	True colour via terminal-overrides

Reload after editing: **Ctrl+a** then **r**

`~/.config/tmux/tmux.conf` · `~/.config/tmux/status-modules.sh` · Ghostty needs `macos-option-as-alt = left` for the Alt binds