Rhino Commands by Chapter:

Chapter 1: Intro and Overview
Schedule
overview of geometry

Chapter 2: The Rhino for Windows Interface
screen
toolbars
tool tips
viewports
The Mouse
Enter, SpaceBar RtClick
Esc to cancel command
Help (F1 and auto update help)
Command history
Tabbed panels
Open
Save
4view
Status bar (grid snap)
Viewport display options (shaded, ghosted etc)
Render (almost skipped)
Home and end keys
Shift pan
Scroll zoom, control click and drag zoom
ZEA
Click and drag in different views
Copy/move
Castle
Parallel vs perspective views
Panning and zooming
Split viewport
Synchronize views
ZoomSelected

Chapter 3: Creating Geometry
Line
Polyline

Curve
Interpcrv
Modeling aids
Saving
Layers
Show/hide
Lock/unlock
Delete
Selection menu
Window Select
Dedicated selection tools
Selection Filters (careful)

Chapter 4: Precision Modeling
Absolute and Relative coordinate entry
Polar Coordinates
Distance and angle constraint
Mirror
Extrude
Revolve
Bend
Object Snaps
SmartTrack
Tab Constraint
Project Constraint
Plainer Constraint
Viewports
Construction Planes
Chair Drawing Exercise
Analysis commands
      Dist, len, angle, rad, evaluatePt
Gasket Exercise
Circle
Elipse
Polygon
Rectangle
Boolean difference
Curve, InterpCrv, Conic
Helix
Spiral
ScrewDriver

Chapter 5: Editing Geometry

Fillet
Join/explode
BlendCrv
Blend
ArcBlend (you need to look into arcblend further)
Loft
Chamfer
Exercise 35 Filletex.3dm
Move
Copy
Undo/redo
Rotate
Group/Ungroup
Mirror
Join
Scale (2d, 1d) move face
Gumball
Trim/Split
Extend
Offset
Offsetsrf
What
Shell
Array
Arraypolar

Chapter 6: Point Editing

Pon
Control points, edit points, knots
Rebuild
Nudge controls
Setpt

Chapter 7:Rubber Ducky

Chapter 8: Modeling with Solids

Box
Sphere

Cylinder
Tube
Cone
Ellipsoid
Torus
Pipe
Textobject
Extrude
Cap
Bu
Bd
Bi
Soap bar with embossed and engraved text

Chapter 9: Creating Surfaces
Srfpt
Edgesrf
Planarsrf
Patch
Revolve
Loft
Sweep
Filletsrf
Blendsrf
Railrevolve
Extrudecrv
Extrudecrvalongcurve
Extrudecrvtopoint
Plane
Plane3point
planevertical