

# Live!

# All Things

Nov 21, 2019

PRESENTER:

Ray Doyle

#### **AGENDA**



- Intro by Don Donzal, EH-Net Editor-in-Chief
- Bio Ray Doyle
  - What are CTFs?
  - Why Play?
  - Demos of Common Challenges
  - Where to play
  - "You had me at CTF..."
  - Designing and Hosting a CTF (optional)
  - Advancing Your Career with CTFs
  - Skill Building Resources to Compete in the Virtual Arena
- Q&A







- Video will be made available on EH-Net
- Style = Interview!
  - Q&A in question tab in GTW
  - Twitter using #EHNet
- Post Game in EH-Net "CTF" Group: <u>https://www.ethicalhacker.net/groups/ctf/</u>
- Goal for today Spark conversation.
   Advance your career!

#### **OVERVIEW OF THE NEW EH-NET**



- General Layout
  - Magazine side Columnists, Features, Global Calendar
  - Community side Members & Profiles, Activity, Forums, Groups, Community Articles
- Building your "Personal Ethical Hacker Network"
- Hello world! Get Published in the EH-Net Community
- Limited Time All new members get a free pen testing course from eLS!!



# **BIO** – Ray Doyle

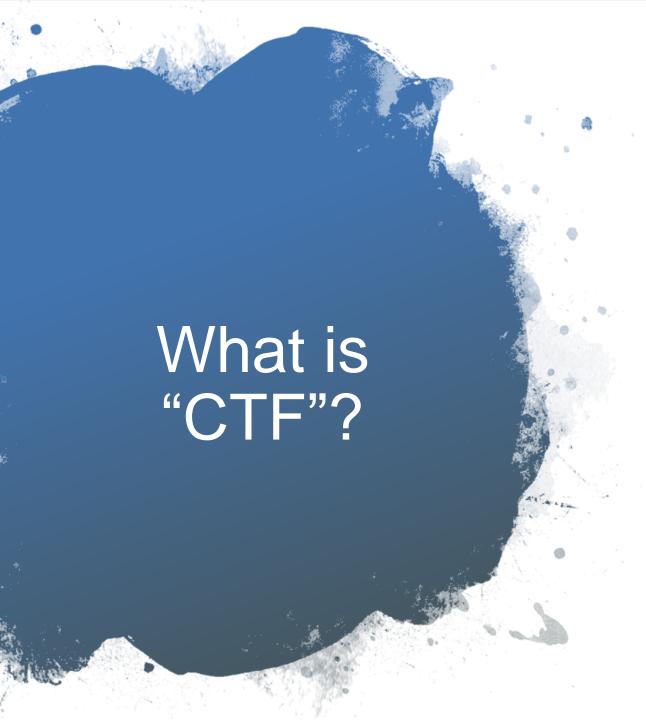




The man, the myth, the legend; **Ray Doyle**, OSCE, OSCP, GXPN, aka <a href="mailto:@doylersec">@doylersec</a> is an avid pentester and security enthusiast. He now works as a Senior Staff Adversarial Engineer at Avalara and was formerly a Principal Penetration Testing Consultant at Secureworks. You can visit his blog at <a href="https://www.doyler.net">https://www.doyler.net</a>, where he has been posting for over four years now!

When he's not hacking for work he's, well, hacking for fun as well...Ray has attended various security conferences for the past few years now, and has even spoken at CarolinaCon, BSides Manchester, BrrCon, BSides Denver, and BSides Raleigh/RDU. He has competed in numerous hacking competitions and CTFs over the years, most recently with <a href="Team EverSec">Team EverSec</a>, and managed to place 1st in the Raleigh BSides CTF, 1nd in the DerbyCon CTF (winning the last DerbyCon 'black badge'), 1st in the DEF CON 24 SOHOpelessly Broken CTF (winning a DEF CON 'black badge'), and 1st in the DEF CON 25 Wireless CTF (helping to win another black badge).

Other than security, you can always hit him up for a Super Smash Brothers Melee money match or in City of Heroes (@doyler).



# CTF

['see, tee, ef]

"Capture the flag (CTF) is a traditional outdoor game where two teams each have a flag (or other marker) and the objective is to capture the other team's flag, located at the team's "base," and bring it safely back to their own base."

Source: Capture the Flag entry on Wikipedia

#### WHAT IS A CTF?



a scoreboard.eversec.rocks

CTF Prizes kindly donated by eLearnSecurity

Cos1ne

a146

T3CHKOMMIE

RELwc3k

CrabRave

**Points** 

6825

5775

4925

3780

3680

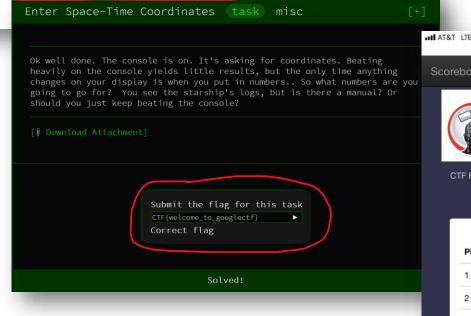
3430

3000 2665

Enter 72bit hex-encoded key: 25a174c813520e238d3af463d113583 Submit

Correct The flag is FARADAY {EverSecForever!!!1}

- CTF competitions are generally on InfoSec topics with challenges, winners, and sometimes even prizes!
- Often a series of puzzles to solve or computers to attack and defend
- Team or individual based
- Solved challenges usually give "flags" (ther5s\_n0\_Place\_l1ke\_h0m3)



# LIVE DEMO PART 1 – BEGINNER CHALLENGES X2





#### WHY DO CTFS?

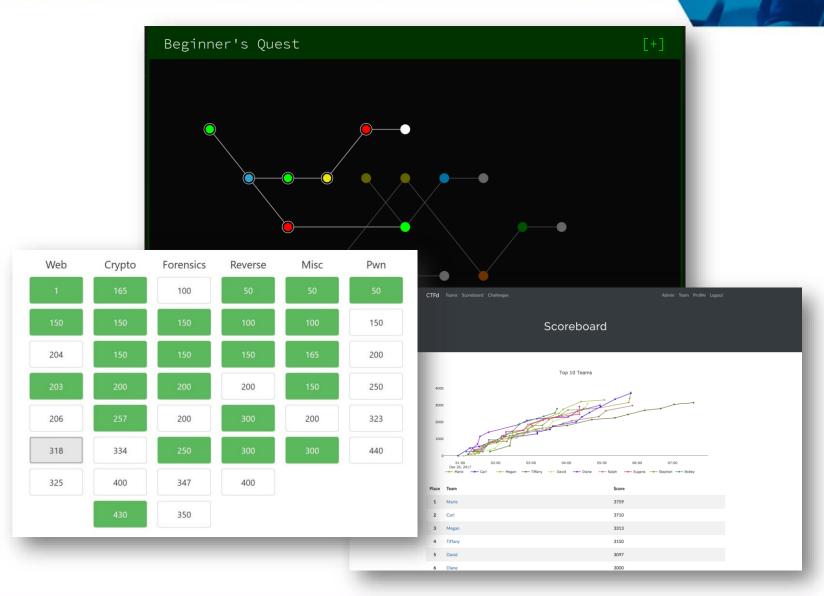


- Closest thing to hacking / pentesting for many people
- Gain experience with tools
- Hone skills, learn new ones
- Competition is fun, motivating, and aggravating
- We learn when we fail! Better here than a in production environment.
- Meet new people, potential employers or co-workers
- CTFs as part of job interviews
- Prizes Swag, vouchers and sometimes even CASH





- Jeopardy
- Attack-Defend
- Mixed
- Scenario



# **CTF CHALLENGE TOPICS**



- Network challenges
- WebApp
- Mobile App
- IoT / Embedded
- Wireless Hacking
- Cryptography
- Binary Exploitation
- Forensics
- Games



- Steganography
- Physical Attacks
- Reverse Engineering
- Packet Analysis
- Obscure systems/languages
- Programming
- Electronics
- And more!

# LIVE DEMO PART 2 - INTERMEDIATE CHALLENGES X2





#### Flag.txt contains:

Vm1jblppQmhZbWNnZFc1bGNTQm5ZaUJvWVhGeVpXWm5ibUZ4TENCemRtRnhJR2QxY2lCTFFrVWdhblpuZFNCc1ltaGxJSGx5YzJjZ2RXNWhjU0F0SUVKUIYzWkJWRk41VFhwWGRrRjZWM1ZNZWsxMlRVcE5ka3gzVjNWTmVrd3pUWHBYZGxveVYzbE1SM2wyVFVwTmRreDNWM1ZDVkUxMlRFZFhka0ZVVTNsTVlzbDZUSHBYZUV4M2NYWk1TbGQzVFVkVGVreDNlRFJDVkV3MVRWUlNha3gzZFhWQ1NsSnNURXBYZFUxNlNYWk1Ta0YyUVVwSU5FeDZUWFZCZEQwOQ==

# Who's Hosting CTFs? EVERYONE!!

















COLLEGIATE





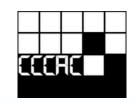






**OSINT CTF** 









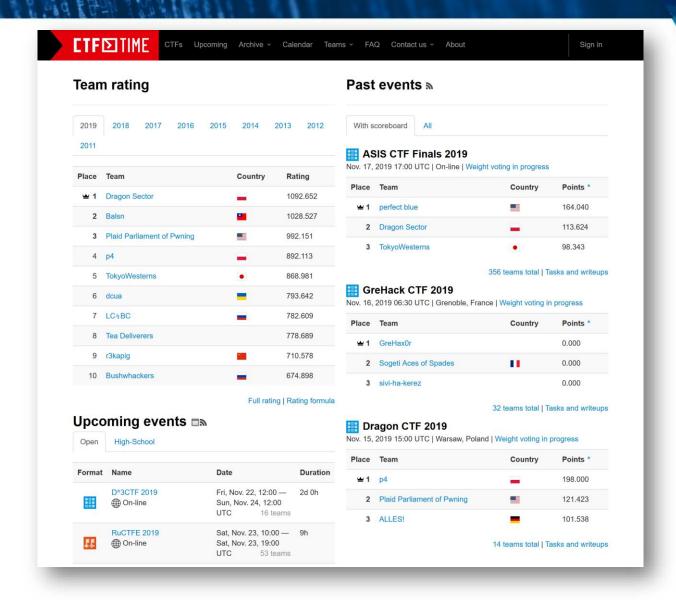




# CTF TIME

H

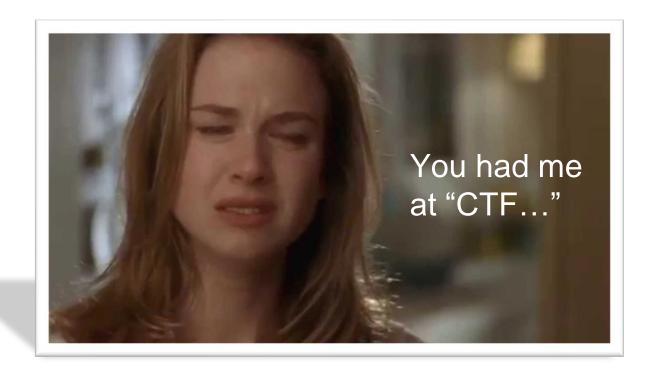
- https://ctftime.org/
- CTFs
- Upcoming
- Archive
- Calendar
- Teams
- FAQ



# CTFs... Are you ready to play?



- Just enter (CTFtime) or signup early
- Join a random team (in person is easier)
- /r/OpenToAllCTFteam
- Google
- Read write-ups of older challenges, as well as challenges that you attempted (whether you completed them or not) <a href="https://github.com/ctfs/">https://github.com/ctfs/</a>
- Watch video write-ups
- Practice, practice, practice



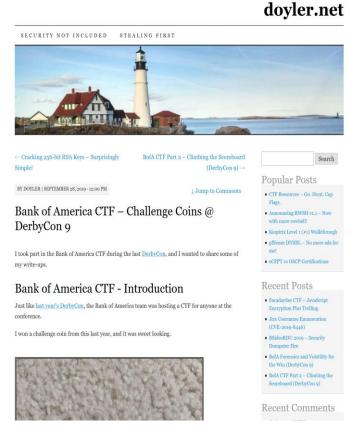


#### Join a Team

#### CTFs Upcoming Archive - Calendar Teams - FAQ Contact us -How can I join the team Send membership request using form in your Profile: Join existing team Team name Smoked Chicken If your team has active members, they will need to approve your request or send you an invitation code: Join existing team Team name Smoked Chicken:5 Invitation code can be found in Profile -> Your teams -> Edit your team Team members Use this code to invite new members: Smoked Chicken: 5 If your team has no registered members, administrators will approve your membership request, and then you will be a What does "Academic" team means? You can mark your team as "Academic" if your team is comprised of university students or academics only and assoc I don't have a team but wanna play Well, you can play alone or try to get a team. It's more fun to compete with a team. You can hire people from your uniprovide your skills in Profile page and check "I'm looking for the team" - may be someone will invite you. Also, you can

# **Read Writeups**

#### daylar nat

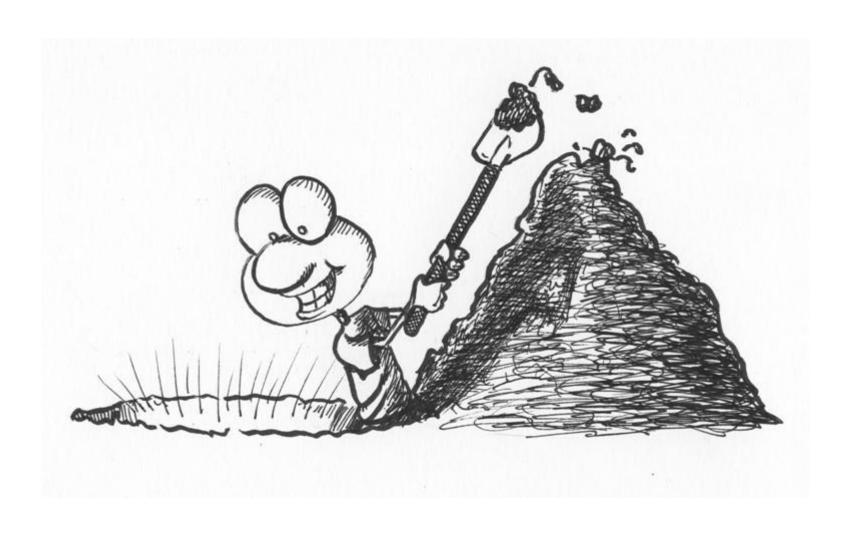


# **Video Walkthroughs**



# LIVE DEMO PART 3 – ADVANCED CHALLENGE X1

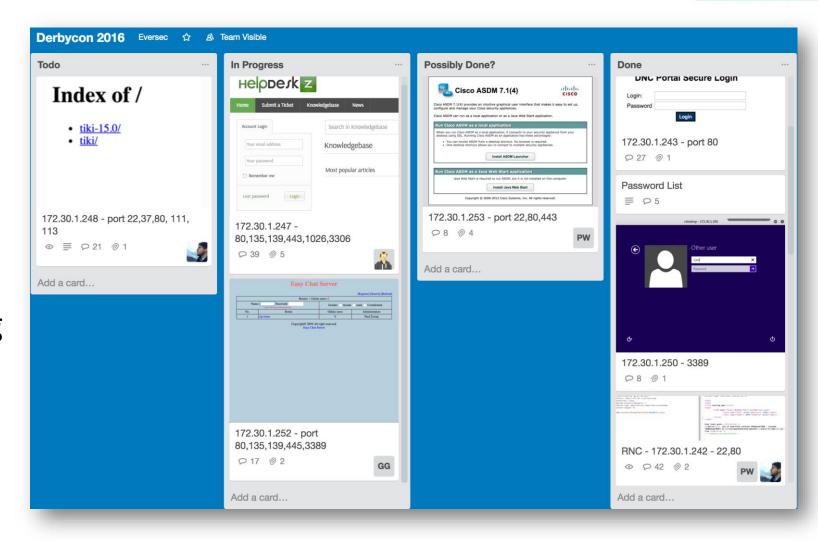




# **Pro Tips: Advanced CTF Tactics**



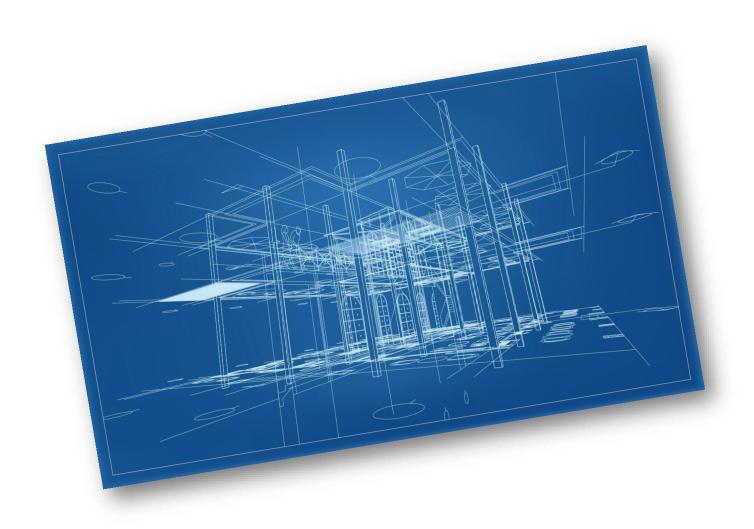
- Slack
- Trello
- Specialization
- Out-of-band tactics and resource gathering



# **Designing & Hosting a CTF**



- To "story" or not to "story"
- Designing Challenges
- Making them virtually real
- Submission Interface
- Scoreboard
- Promotion
- Prizes
- Expenses



# **CAREER OPPORTUNITIES**



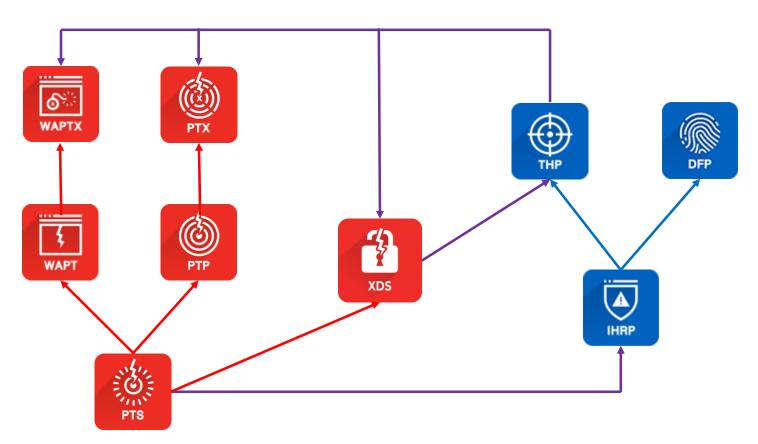


- Incident Responder
- SOC Analyst
- SE (Visher, Phisher, etc.)
- OSINT Investigator
- Secure Code Reviewer
- Project Manager
- Penetration Tester
- Red Team Member
- Reverse Engineer
- Malware Analyst

## **HOW DO I GET THERE?**



- Experience CTFs, Employment,
   Home lab, Non-profits, Open
   source projects, etc.
- Practical Training –
   eLearnSecurity Training Paths
   (NIST-NICE Role-based Training)
- Will playing CTFs get me a job?



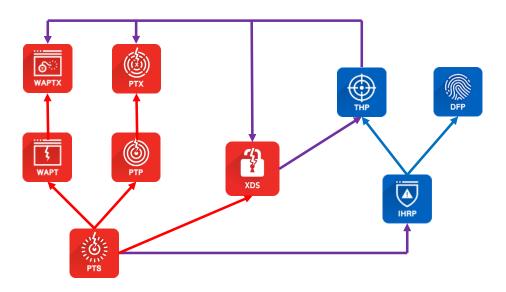
https://www.elearnsecurity.com/course/

## EARLY BLACK FRIDAY DEAL







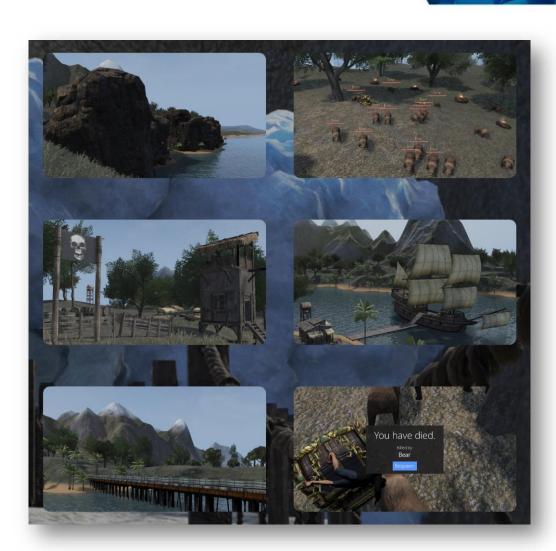


https://www.elearnsecurity.com/course/

#### **BUILDING YOUR SKILLSET – CTF RESOURCE LIST**



- Ray's List!!
- ctftime.org
- <u>github.com/zardus/ctf-tools</u> long list of tools separated by challenge category by Yan Shoshitaishvili
- <u>CTF>101</u>, <u>CTFlearn</u>, <u>CTF Field Guide</u> Thanks Pico!
- Practice CTFs
  - picoCTF by Carnegie Mellon
  - Pwn Adventure MMO client / server you can run
  - OWASP Juice Shop Vuln webapp and CTF
  - VulnHub, <u>Hack.me</u> Vuln practice VMs
  - <a href="https://overthewire.org/wargames/">https://overthewire.org/wargames/</a>
  - Google CTF Beginner
- Previous <u>CTF writeups</u>
- <u>GynvaelColdwind YouTube Ch</u> Video CTF Walkthroughs
- <u>Building Your Own Kickass Home Lab</u> by Jeff McJunkin
- <u>Top tools & resources for running a CTF</u> by Larry Seltzer



# **EVERYBODY LOVES RAYMOND!**



- Follow Ray <u>@doylersec</u>
- Website/blog <a href="https://www.doyler.net">https://www.doyler.net</a>
- Follow EverSec CTF <u>@EverSecCTF</u>







#### EH-NET LIVE! - DECEMBER 2019



# "WepApp Pentesting FTW"

Thursday December 19, 2019 @ 1:00 PM EST

<u>@PhillipWylie</u>, CISSP, NSA-IAM, OSCP, GWAPT is a Principal InfoSec Engineer on the Assessment Services Penetration Testing Team. Phillip is also an Adjunct Instructor at Richland College teaching Ethical Hacking and System Defense, a Bugcrowd Ambassador and the founder of <u>The Pwn School Project</u>. Phillip has over 21 years of experience in InfoSec and IT and has performed pentests on networks, wireless networks, applications including thick client, web application and mobile. His passion for sharing, mentoring and educating led to the founding of The Pwn School Project, a free monthly educational meetup with a focus on hacking. He is also featured in "Tribe of Hackers – Red Team".







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