Computer Systems Security exercises

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Contents

1 Download Kali Linux Revealed (KLR) Book 10 min 2

2 Check your Kali VM, run Kali Linux 30 min 3

3 Check your Debian VM 10 min 4

4 Investigate /etc 10 min 5

5 Risk Assessment 101 7

6 Run Armitage - Hail Mary 8

7 SELinux Introduction 9

8 Example AUPs 10

9 Database Security 11

10 SYN flooding 101 12

11 Medical Security Oolicies 13

12 Perform privilege escalation using files 14

13 Anti-virus and ”endpoint security” 15

14 SSL/TLS scanners 15 min 16

15 Nmap Ikescan IPsec 17

16 SSH scanners 18

17 Password Cracking 19

18 Email Security 2019 20

19 VM escapes 21

20 Centralized syslog 22

21 File System Forensics 23

22 Clean or rebuild a server 24

23 Cloud environments influence on incident response 25

24 System Security in Practice 26

25 Evaluate our network PCI 27

Preface

This material is prepared for use in *Computer Systems Security workshop* and was prepared by Henrik Lund Kramshoej, http://www.zencurity.com . It describes the networking setup and applications for trainings and workshops where hands-on exercises are needed.

Further a presentation is used which is available as PDF from kramse@Github
Look for system-security-exercisesin the repo security-courses.

These exercises are expected to be performed in a training setting with network connected systems. The exercises use a number of tools which can be copied and reused after training. A lot is described about setting up your workstation in the repo

https://github.com/kramse/kramse-labs

Prerequisites

This material expect that participants have a working knowledge of TCP/IP from a user perspective. Basic concepts such as web site addresses and email should be known as well as IP-addresses and common protocols like DHCP.

Have fun and learn

Exercise content

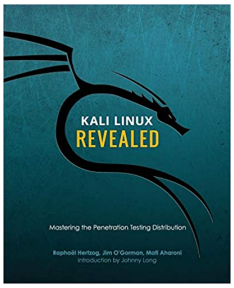
Most exercises follow the same procedure and has the following content:

- **Objective:** What is the exercise about, the objective
- **Purpose:** What is to be the expected outcome and goal of doing this exercise
- **Suggested method:** suggest a way to get started
- **Hints:** one or more hints and tips or even description how to do the actual exercises
- **Solution:** one possible solution is specified
- **Discussion:** Further things to note about the exercises, things to remember and discuss

Please note that the method and contents are similar to real life scenarios and does not detail every step of doing the exercises. Entering commands directly from a book only teaches typing, while the exercises are designed to help you become able to learn and actually research solutions.

Exercise 1

Download Kali Linux Revealed (KLR) Book 10 min



Kali Linux Revealed Mastering the Penetration Testing Distribution

Objective:
We need a Kali Linux for running tools during the course. This is open source, and the developers have released a whole book about running Kali Linux.

This is named Kali Linux Revealed (KLR)

Purpose:
We need to install Kali Linux in a few moments, so better have the instructions ready.

Suggested method:
Create folders for educational materials. Go to https://www.kali.org/download-kali-linux-revealed-book/ Read and follow the instructions for downloading the book.

Solution:
When you have a directory structure for download for this course, and the book KLR in PDF you are done.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Kali Linux is a free pentesting platform, and probably worth more than $10.000

The book KLR is free, but you can buy/donate, and I recommend it.

Exercise 2

Check your Kali VM, run Kali Linux 30 min

Objective:
Make sure your virtual machine is in working order.

We need a Kali Linux for running tools during the course.

Purpose:
If your VM is not installed and updated we will run into trouble later.

Suggested method:
Go to https://github.com/kramse/kramse-labs/

Read the instructions for the setup of a Kali VM.

Hints:
If you allocate enough memory and disk you wont have problems.

Solution:
When you have a updated virtualisation software and Kali Linux, then we are good.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Kali Linux includes many hacker tools and should be known by anyone working in infosec.

Exercise 3

Check your Debian VM 10 min

Objective:
Make sure your virtual Debian 9 machine is in working order.

We need a Debian 9 Linux for running a few extra tools during the course.

This is a bonus exercise - only one Debian is needed per team.

Purpose:
If your VM is not installed and updated we will run into trouble later.

Suggested method:
Go to https://github.com/kramse/kramse-labs/

Read the instructions for the setup of a Kali VM.

Hints:

Solution:
When you have a updated virtualisation software and Kali Linux, then we are good.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 4

Investigate /etc 10 min

Objective:
We will investigate the /etc directory on Linux

We need a Debian 9 Linux and a Kali Linux, to compare

Purpose:
Start seeing example configuration files, including:

- User database `/etc/passwd` and `/etc/group`
- The password database `/etc/shadow`

Suggested method:
Boot your Linux VMs, log in

Investigate permissions for the user database files `passwd` and `shadow`

Hints:
Linux has many tools for viewing files, the most efficient would be less.

```
hlk@debian:~$ cd /etc
hlk@debian:/etc$ ls -l shadow passwd
-rw-r--r-- 1 root root   2203 Mar 26 17:27 passwd
-rw-r----- 1 root shadow 1250 Mar 26 17:27 shadow
hlk@debian:/etc$ ls
... all files and directories shown, investigate more if you like
```

Showing a single file: `less /etc/passwd` and press q to quit

Showing multiple files: `less /etc/*` then :n for next and q for quit

```
Trying reading the shadow file as your regular user:
user@debian-9-lab:/etc$ cat /etc/shadow
cat: /etc/shadow: Permission denied
```

Why is that? Try switching to root, using su or sudo, and redo the command.

Solution:
When you have seen the most basic files you are done.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 5

Risk Assessment 101

> In quantitative risk assessment an annualized loss expectancy (ALE) may be used to justify the cost of implementing countermeasures to protect an asset. This may be calculated by multiplying the single loss expectancy (SLE), which is the loss of value based on a single security incident, with the annualized rate of occurrence (ARO), which is an estimate of how often a threat would be successful in exploiting a vulnerability.

Quote from https://en.wikipedia.org/wiki/Risk_assessment

Objective:
Do calculations to understand risk assessment better

Purpose:

Suggested method:

Hints:

Solution:

Discussion:
What we have done here is Quantitative Risk Assessment.

Other risk analysis methods exist, qualitative risk analysis - used when it is difficult to put amount

Exercise 6

Run Armitage - Hail Mary

Objective:
Try hacking using a graphical program, see how quick and easy it can be.

Purpose:
Show that when a vulnerability exist attacks can be quick and easy.

Suggested method:

1. Boot up Kali Linux
2. Boot up Metasploitable - from ISO
3. Run Armitage Hail-Mary against Metasploitable
4. Note which succeeded, describe those attacks that succeeded in relation to MITRE ATT&CK framework

Hints:

Solution:

Discussion:

Exercise 7

SELinux Introduction

Objective:
Create a secret file, that you can read, but root cant.

Check out the SELinux system https://www.debian.org/doc/manuals/debian-handbook/sect.selin

Purpose:

Suggested method:
Try enabling and disabling the policies

Hints:

Solution:
When you have a small text file which you can read, but root cannot, you are done.

Yes, the root user can disable the SELinux protection :-D

Discussion:

Exercise 8

Example AUPs

Objective:
See real world high level policies

Purpose:

Suggested method:
Find your AUP for the ISPs we use, you use, your company uses

Hints:

Solution:

Discussion:

Exercise 9

Database Security

Objective:

Purpose:

Suggested method:

Hints:

Solution:

Discussion:
Databases - discussion about Relational Database Management System RDBMS Model and NoSQL

Exercise 10

SYN flooding 101

Objective:

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 11

Medical Security Oolicies

Objective:

Purpose:

Suggested method:
Find example medical security policies

Fitbit

Hints:

Solution:

Discussion:

Exercise 12

Perform privilege escalation using files

Objective:
Perform a simple privilege escalation attack

Purpose:

Suggested method:

1. Make a non-privileged user
2. make a system directory writable
3. create root cronjob without path
4. Insert a malicious script as one of the commands from the root cron job

Hints:
A cron job runs scheduled commands. They usually perform cleanup functions, removing old files, doing a backup or similar

Solution:

Discussion:
This was chosen as I found a similar vulnerability in a professional product, in 2019

Exercise 13

Anti-virus and ”endpoint security”

Objective:
Discuss when to use Anti-virus and ”endpoint security”

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 14

SSL/TLS scanners 15 min

Objective:
Try the Online Qualys SSLLabs scanner https://www.ssllabs.com/ Try the command line tool sslscan checking servers - can check both HTTPS and non-HTTPS protocols!

Purpose:
Learn how to efficiently check TLS settings on remote services.

Suggested method:
Run the tool against a couple of sites of your choice.

```
root@kali:~# sslscan --ssl2 web.kramse.dk
Version: 1.10.5-static
OpenSSL 1.0.2e-dev xx XXX xxxx

Testing SSL server web.kramse.dk on port 443
...
  SSL Certificate:
Signature Algorithm: sha256WithRSAEncryption
RSA Key Strength:    2048

Subject:  *.kramse.dk
Altnames: DNS:*.kramse.dk, DNS:kramse.dk
Issuer:   AlphaSSL CA - SHA256 - G2
```

Also run it without `--ssl2` and against SMTPTLS if possible.

Hints:
Originally sslscan is from http://www.titania.co.uk but use the version on Kali, install with apt if not installed.

Solution:
When you can run and understand what the tool does, you are done.

Discussion:
SSLscan can check your own sites, while Qualys SSLLabs only can test from hostname

Exercise 15

Nmap Ikescan IPsec

Objective:
Try Nmap and Ikescan

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 16

SSH scanners

Objective:

Try ssh scanners, similar to sslscan and Nmap sshscan

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 17

Password Cracking

Objective:

Crack your own passwords **Purpose:**

Suggested method:

Hints:

Solution:

Discussion:

Exercise 18

Email Security 2019

Objective:

Purpose:

DNSSEC, SPF, DMARC - DNS based updates to your email domain security

Suggested method:

Hints:

Solution:

Discussion:

Exercise 19

VM escapes

Objective:

Purpose:
Research VM escapes

Suggested method:

Hints:

Solution:

Discussion:

Exercise 20

Centralized syslog

Objective:

Centralized syslogging and example system

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 21

File System Forensics

Objective:

Open a file system dump **Purpose:**

Suggested method:

Hints:

Solution:

Discussion:

Exercise 22

Clean or rebuild a server

Objective:

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 23

Cloud environments influence on incident response

Objective:

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

Exercise 24

System Security in Practice

Objective:

Purpose:

Suggested method:

- Work on our model network, each team has a router and an attacker - prevent most of the attacks on the Metasploitable server by firewall configuration
- Investigate Debian as a server - default settings for Web, we will install a system which requires database and web server configured
- Configure SSH keys

Hints:

Solution:

Discussion:

Exercise 25

Evaluate our network PCI

Objective:
Evaluate our network, quick gap analysis for becoming PCI compliant

Purpose:

Suggested method:

Hints:

Solution:

Discussion:

