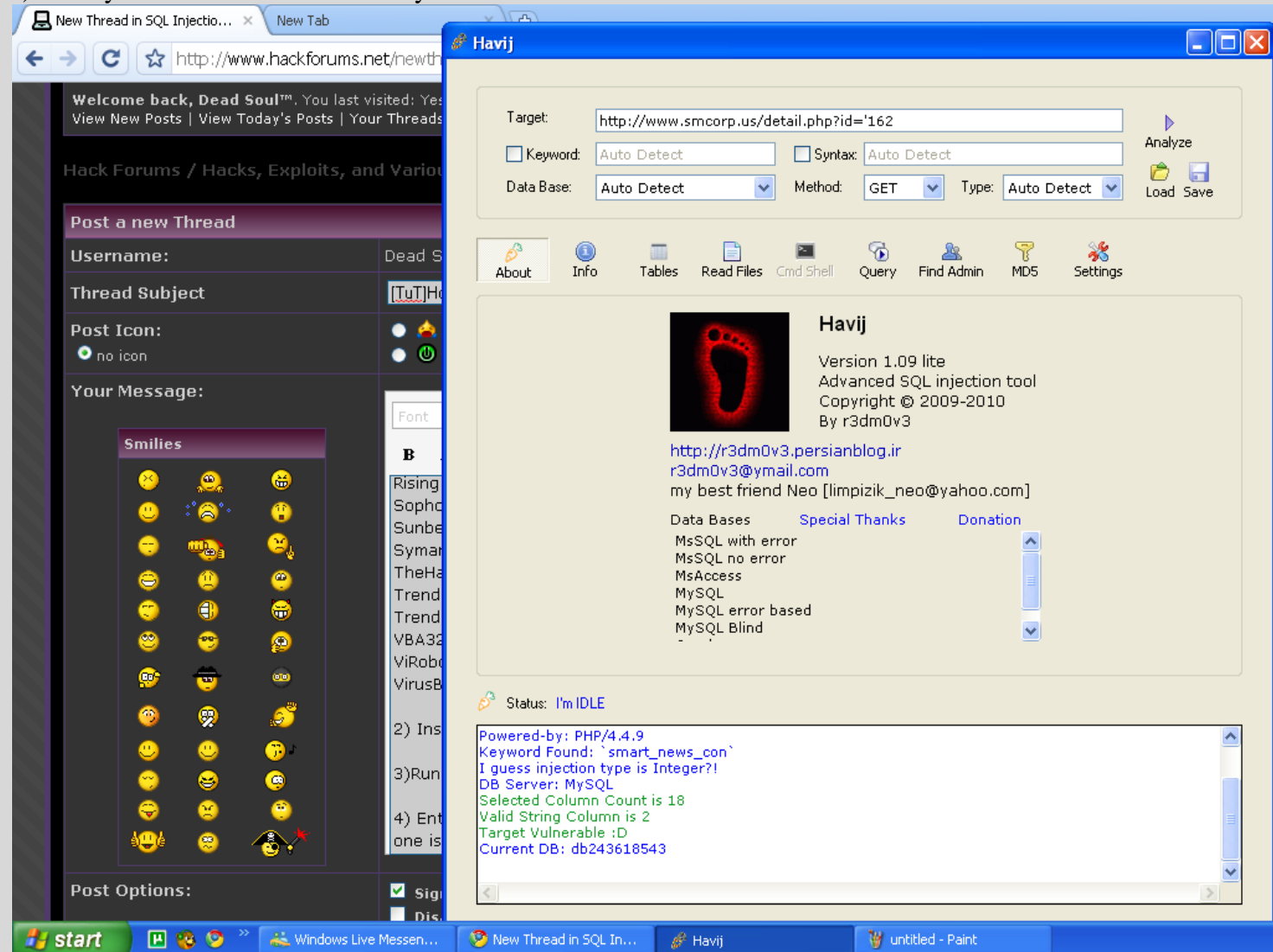) Get a SQL Injector. like Havij, SQLI Helper. here is a link
Here is version 1.10 if you dont trust me go to site http://www.itsecteam.com/en/projects/project1.htm
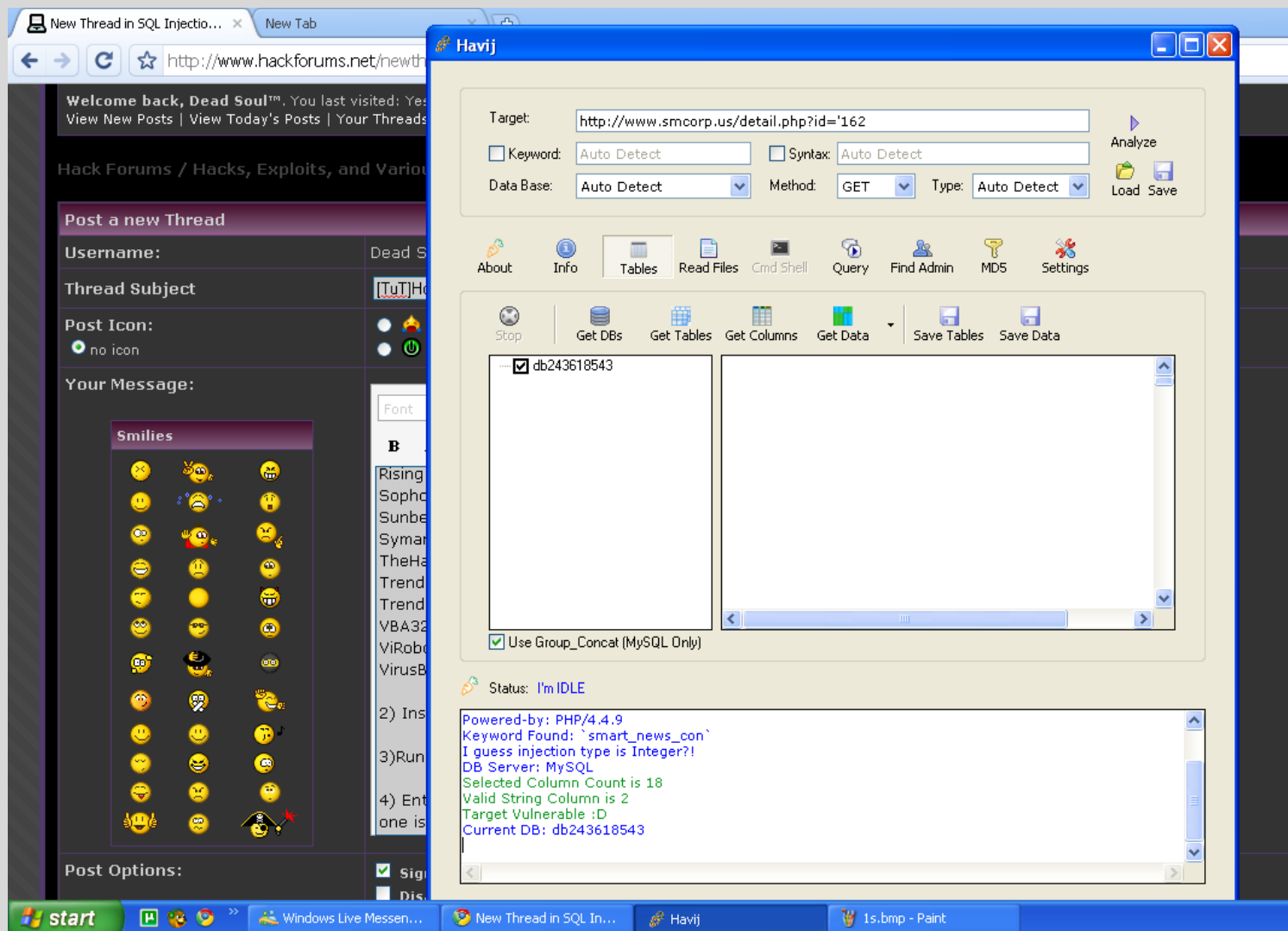
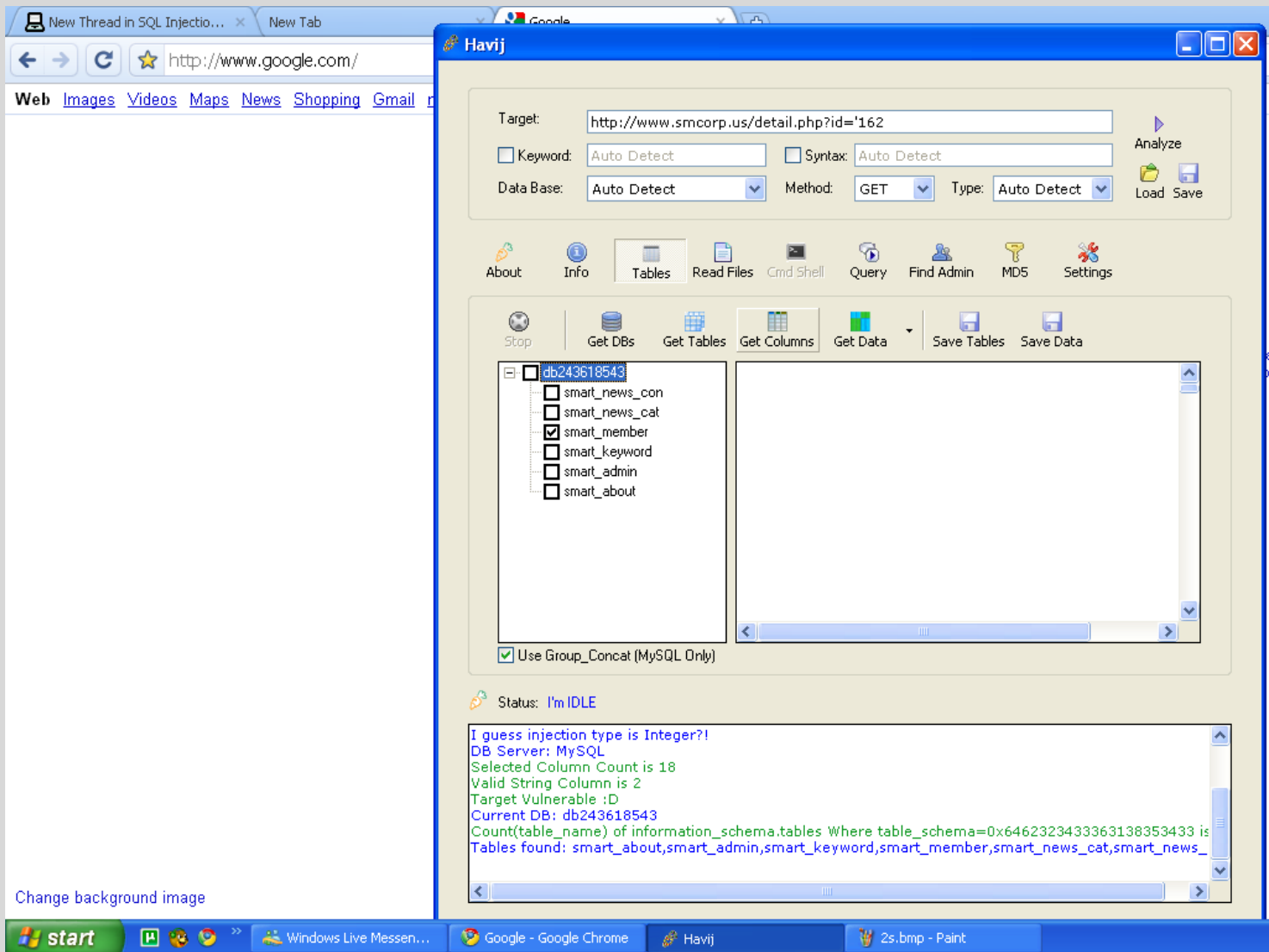2) Install Havij (because it is not complicated)

3)Run it.

4)Put in your van site and click Analyze

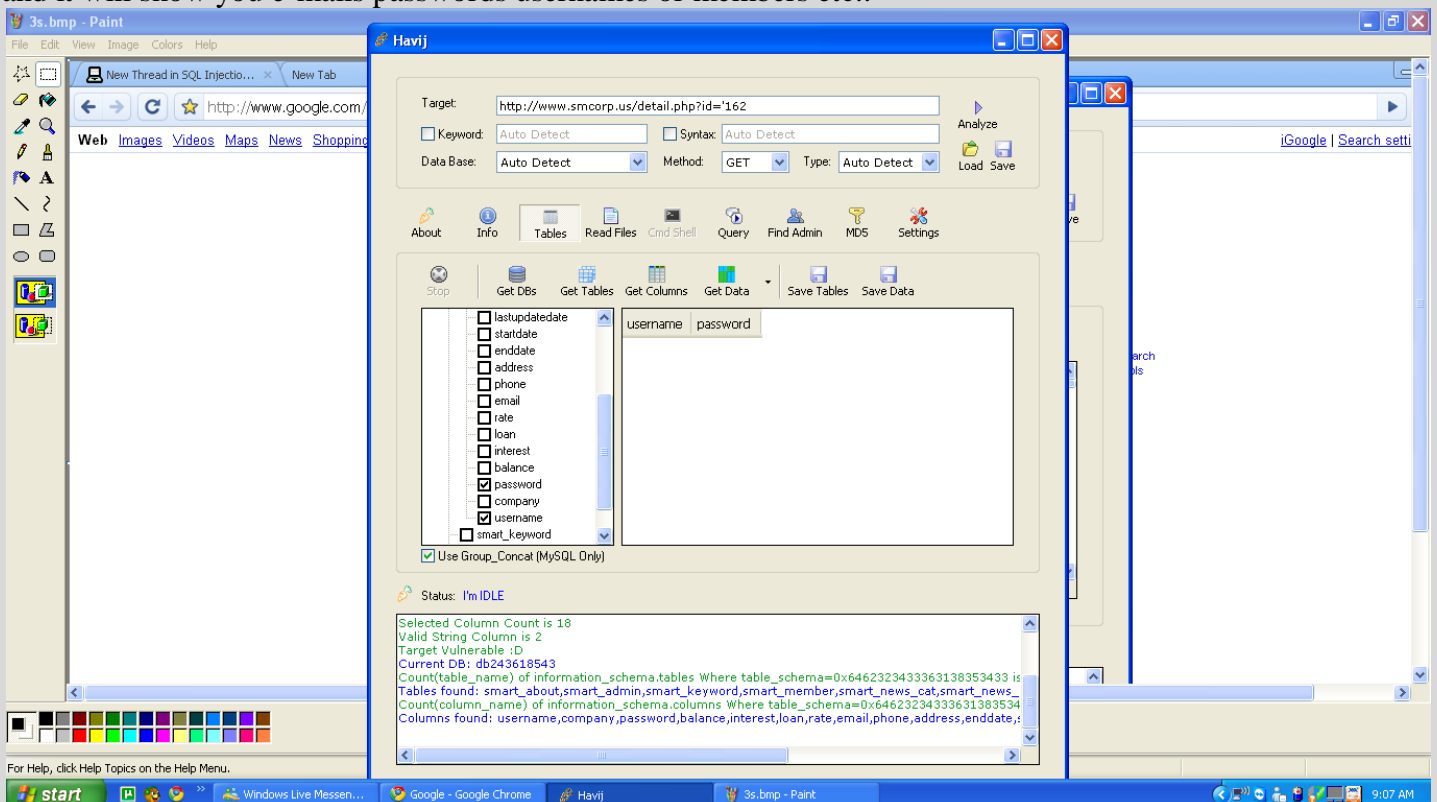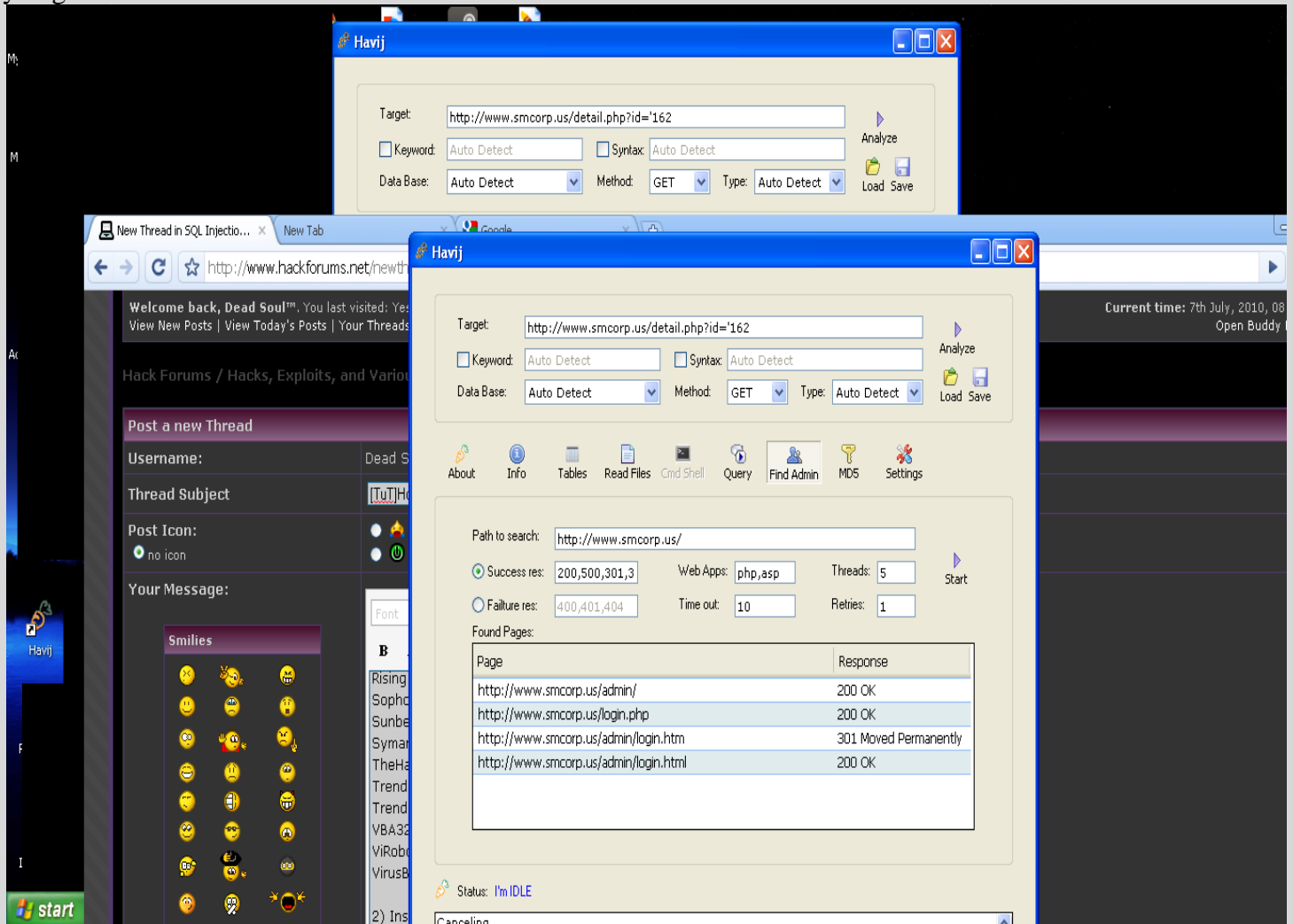5)Go tables

6)Click Get tables and w8 for the results

7)Click those that say username passwords or e-mails passwords etc.. what is used to log in and click data and it will show you e-mails passwords usernames or members etc..

8)Finding admin log in page Just go to Admin Finder and put in site like i did and click Start when its done open that site and it will take you to admins log in now you can log in here with the username and password you got from data

9)if password is in md5 go on that option of the program md5 put in hash and it will crack it and show you the password :)

Here is pages info you what it

http://www.smcorp.us/admin/

Log in

admin

pass

hozan1234

Here is a nother tut that helps you find van sites