In order to demonstrate my understanding of the cyber security concepts and tools, please see below video tutorials I have created.

* [Using IPTABLES, Linux Firewall](https://www.youtube.com/playlist?list=PL8Lw0zINjkEmbjMzmk_XgHQMw30t_kZmx)
* [Using Metasploit to exploit and deliver payloads](https://www.youtube.com/playlist?list=PL8Lw0zINjkEkXB9uOJ-9JTBs8McEv0Dbt)
* [Damn Vulnerable Web Application](https://www.youtube.com/playlist?list=PL8Lw0zINjkEkyHRb9EWnLEnh7HToAhjvS) (DVWA) is a PHP/MySQL web application - goal is to be an aid for security professionals to test their skills and tools in a legal environment. I have demonstrated XSS, CSRF and SQL injection attacks for demonstration purposes.