

# 一种基于彩虹六号的 CTF (Capture the Flag) 直播方法

你怎么知道我是 APEX 17 赛季大师？

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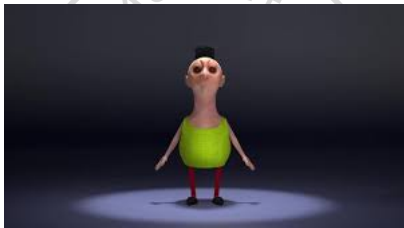
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<https://github.com/TJ-CSCCG/Tongji-Beamer>

2023 年 8 月 1 日

# Hamud

想必大家都看得懂哈姆语，所以就不翻译了。<sup>[1]</sup>



نومود حمود حمود غوميغاديمنواما حمود حمود

# hamud



حمود حمود يريمود مونو جوميجاديمينواما

"حمود حمود ياريرهني حبيبي نو-أ ، حمود ياري حبيبيّة حمود منها: "حمود؟

لا حمود حمود جوميجاديمينواما ، لا يامها حمود ، يامود حمود حمود

حمود حمود يارين ري حبيبي ، حمود ياري حبيبيّة حبيبي ميغا: "حمود" ميغا جوم  
ري حمود حمود

# HABIBI



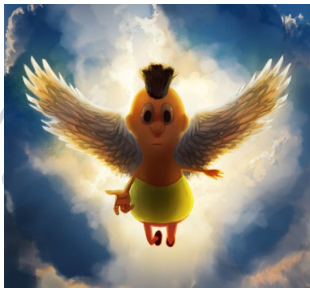
"!حمود حمود ياربهنري حبيبي حمود ع ، حمود ياري حبيبيه حبيبي ميغا: "حمود

ميغا حمود حمود حمود

حمود حمود ياري حبيبي ميغا ، نو حمود حمود ؛ حمود حمود هه حمود حمود  
طين. دادو حمود حمود حمود حمود حمود

دادو حمود حمود \* جومو حمود حمود ، ياري نو-يو

# HAMUD



"حمود منها حمود حمود" حمود.

حمود حمود ياري نوم نو نو إيه \* جوم حمود حمود حمود حمود ياري إيغونومود  
ميغا "حمود نو" حمود.

# 拉斯维加斯进口生夺旗赛

我依家呢好少畀我屋企啲小朋友玩電腦㗎，但系如果要玩呢就一定要玩呢个拉斯維加斯进口嘅奪旗賽，佢被拉斯維加斯网友称之为拉斯維加斯網絡安全界嘅天花板，保留咗動態FLAG，所以你睇下佢啲分數几鬼劲，特別持久㗎。哗！真系一世人点都要玩翻次，你唔好觉得佢費時間啊，点都要畀屋企人玩翻啲好玩㗎嘛。

图: 拉斯维加斯生 CTF 简介

玩了生 CTF，全身生宾周。<sup>[2]</sup>

# 师傅们好评如潮

我係胡建人，以前我唔识粤语。但嘅！自从我玩咗嗰个拉斯维加斯生夺旗赛之后，宜家不仅粤语讲得明，嗰条宾周都旋桨咁转，仲会发光，好得意啲。真嘅劲！仲有冰镇HVV泡凉茶都好好饮！

图：一位来自胡建的师傅

# 师傅们好评如潮

僕は日本人なのだ、広東話を話しませんなのだ。但系！自从我飲咗嗰个拉斯維加斯生奪旗賽之後なのだ，宜家不僅粵語講得明，嗰條宾周都旋槳咁轉なのだ，仲會發光なのだ，好得意なのだ。真系勁なのだ！

图：一位来自霓虹的师傅



## 睡前多打 CTF



# 浑身都长满宾周



## 郭子谈浮浮

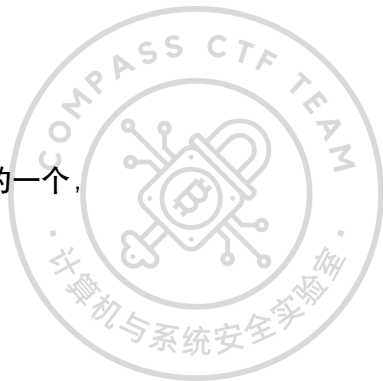
中国人认为培养网安人才的那个源头，它是什么？它是浮浮。对吧，所以这个词儿叫西梯艾弗。我经常说 FLAG 这词有秘密：FLAG，F……LAG 了吗？“F-LAG” 嘛！他真 LAG 了吗？“FLAG。”  
到底 LAG 没 LAG？“FLAG。”  
我说 FLAG，他真 LAG 了吗？“FLAG。”（拍桌）  
你看看，LAG 没 LAG？FLAG。<sup>[3]</sup>

## 郭子谈非预期

我上题了以后，我坐在他笔记本的键盘正中。  
他笔记本的二刺螈桌面弹窗，电脑管家 网址导航 Flash 助手推荐 驱动精灵 2345 全家桶。  
我在那里一坐，他的爷爷奶奶先给我非预期（env FLAG 没删），爹妈给我非预期（flag.php 可读），一家人全非预期完了（赛题平台 0day），小孩恭恭敬敬给我非预期（yafu 爆算私钥）。  
然后家长告诉孩子，一定好好非预期 0 解题。

# 郭子谈西方 CTF

ctftime.org 是潜伏在西方的一个，  
纯正的中国 CTF 平台。



## talk

To talk like a human, there are a few key aspects to consider:

- Natural Language: Use conversational language that is fluid, easy to understand, and reflects how people typically communicate. Avoid highly technical or formal speech unless the situation calls for it.
- Tone: Adjust your tone based on the context and the audience you are speaking with. Be friendly, respectful, and approachable in your communication. Avoid being overly formal or overly casual, finding the right balance for the situation.
- Active Listening: Show genuine interest and engage with the person you are speaking to. Listen attentively and respond appropriately. Use empathy to understand their feelings and perspective, and respond in a compassionate and understanding way.

## talk

- Use Personal Pronouns: Instead of using robotic or impersonal language, incorporate personal pronouns like "I," "you," and "we" to foster a sense of connection and relatability. This helps create a more conversational tone.
- Nonverbal Communication: Remember that communication also includes nonverbal cues, such as facial expressions and body language. While written communication may not include these elements, you can still convey empathy and understanding through your words.
- Emotions and Expressions: Humans often express emotions and feelings in their communication. While you should always be professional and considerate, don't be afraid to add authentic emotions or express enthusiasm when appropriate. This helps convey warmth and sincerity.

## talk

- Avoid Jargon and Acronyms: Minimize the use of technical jargon and acronyms, especially when communicating with individuals who may not be familiar with the specialized terminology. Instead, opt for plain language that is accessible to a broader audience.
- Be Clear and Concise: While being conversational, make sure your message is clear, concise, and easy to understand. Avoid unnecessary wordiness or overly complex explanations. Break down complex concepts into simpler terms if necessary.

It's important to note that "talking like a human" may vary based on cultural and social context, and it's always crucial to be respectful and considerate of others' preferences and communication styles.



## walk

Walking like a human is a fundamental skill that comes naturally to most people. However, here are some general tips to help you walk in a human-like manner:

- **Maintain Good Posture:** Stand up straight with your head held high, shoulders back, and chest slightly forward. Keep your spine and neck aligned, and relax your arms at your sides.
- **Coordinate Your Movements:** Start by swinging your arms naturally in sync with your steps. Move one arm forward while bringing the opposite leg forward, maintaining a balanced rhythm. Avoid stiff or exaggerated arm movement.
- **Take Natural Steps:** Take regular and comfortable strides, neither too short nor too long. Ensure that your feet land smoothly and softly, rolling from heel to toe with each step. Keep your knees relaxed and slightly bent to absorb impact.

## walk

- Look Straight Ahead: Maintain forward eye contact and look straight ahead while walking. Focus on your environment, but also be aware of your surroundings for safety.
- Maintain a Steady Pace: Walk at a moderate and consistent pace. Avoid rushing or dragging your feet, as it may affect your overall gait and balance.
- Be Mindful of Your Foot Placement: Aim to walk with confidence and purpose. Place your foot directly in front of you rather than veering outward. This helps maintain stability and prevents strain on your ankles or knees.
- Engage Your Core: Keep the muscles in your abdomen and lower back gently engaged while walking. This promotes stability and proper posture.

## walk

- Adapt to Surfaces: Be aware of the surface you are walking on and adjust your stride accordingly. For example, on uneven terrain or stairs, take shorter, controlled steps to maintain balance and prevent tripping.
- Practice Balance: Maintain a sense of balance by distributing your weight evenly between both feet. Avoid leaning too far forward or backward while walking.
- Walk Confidently: Lastly, walk with confidence and a relaxed demeanor. Avoid looking tense or self-conscious. A confident stride portrays a more natural and human-like walking style.

Remember, these tips are general guidelines, and individual walking styles may differ based on factors such as physical abilities or personal preferences.

## breathe

Breathing is an innate and automatic process for humans, but here are some guidelines to ensure healthy and natural breathing:

- Find a Comfortable Position: Sit or stand in an upright position, allowing your spine to be naturally aligned. This helps create optimal conditions for breathing.
- Use Your Diaphragm: Place one hand on your abdomen, just below your ribcage, and the other on your chest. When you breathe, aim to feel the hand on your abdomen rise and fall, while keeping the hand on your chest relatively still. This indicates that you are engaging your diaphragm, a dome-shaped muscle located just below your lungs that helps facilitate deep breathing.
- Breathe In Through Your Nose: Inhale slowly and deeply through your nose, allowing the air to fill your lungs. Nasal breathing filters, warms, and humidifies the air, making it healthier for your respiratory system.

## breathe

- **Exhale Through Your Mouth:** Exhale slowly and fully through your mouth, releasing the air with a relaxed breath. This helps expel stale air and toxins from your body.
- **Breathe Slowly and Mindfully:** Take slow, controlled breaths rather than shallow or rapid ones. It's helpful to count the duration of your inhales and exhales, aiming for a steady rhythm that feels comfortable to you. For example, you could inhale for a count of 4, hold for a count of 2, and exhale for a count of 6.
- **Relax Your Shoulders and Jaw:** Pay attention to any tension in your shoulders or jaw while breathing. Relax these areas to allow for more easeful breathing.

## breathe

- Practice Deep Breathing Exercises: Deep breathing exercises, such as diaphragmatic breathing or box breathing, can help you develop a more mindful and controlled breathing technique. These exercises involve deliberate inhaling, holding, and exhaling patterns and can promote relaxation and stress reduction.
- Be Mindful of Your Breathing Throughout the Day: Take moments throughout the day to check in with your breath. Notice any shallow, rapid, or tense breathing patterns, and consciously bring yourself back to slower, deeper breaths.

Remember, breathing is a natural process, and it shouldn't feel forced or strained. If you have specific respiratory concerns or difficulties, it's always beneficial to consult with a healthcare professional for personalized guidance.

# sleep

To sleep like a human, follow these guidelines for healthy and restful sleep:

- Establish a Consistent Sleep Schedule: Try to go to bed and wake up at the same time every day, even on weekends. Consistency helps regulate your body's internal clock, promoting better sleep quality.
- Create a Restful Environment: Set up your bedroom to be conducive to sleep. Make sure the room is dark, quiet, and at a comfortable temperature. Use curtains, blinds, or an eye mask to block out excess light. Consider using earplugs or white noise machines to reduce disruptive sounds.

## sleep

- Wind Down Before Bedtime: Create a relaxing routine to signal to your body that it's time to sleep. Avoid stimulating activities and screens (e.g., smartphones, tablets, and computers) at least 30 minutes before bed. Instead, engage in calming activities like reading, taking a warm bath, or practicing relaxation techniques.
- Make Your Bed Comfortable: Invest in a comfortable mattress, pillows, and bedding that suit your preferences. Ensuring your sleep surface and pillows adequately support your body can greatly enhance your sleeping experience.
- Limit Stimulants and Heavy Meals: Avoid consuming caffeine or nicotine, especially in the late afternoon or evening, as they can interfere with sleep. Additionally, avoid heavy or spicy meals close to bedtime, as digestion may disrupt your ability to fall asleep comfortably.



## sleep

- Engage in Regular Physical Activity: Regular exercise during the day can contribute to better sleep. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. However, try to avoid exercising too close to bedtime as it can make it harder to wind down and relax.
- Manage Stress and Worries: Practice relaxation techniques like deep breathing, meditation, or journaling before bed to help calm your mind and reduce stress. If you find yourself worrying or ruminating, consider writing down your concerns to address them the next day.
- Avoid Napping Late in the Day: If you take naps, keep them short (around 20-30 minutes) and try to avoid napping too close to your regular bedtime. Napping too late or for too long can make it harder to fall asleep at night.

## sleep

- Avoid Alcohol and Heavy Fluid Intake: While alcohol may initially make you feel drowsy, it can disrupt your sleep pattern and potentially lead to more fragmented sleep. Also, limit fluid intake close to bedtime to minimize the need for nighttime bathroom trips.
- Seek Professional Help if Needed: If you consistently struggle with falling asleep, staying asleep, or waking up feeling unrefreshed, it may be beneficial to consult a healthcare professional who can assess and address potential underlying sleep disorders or conditions.

Remember, individual sleep needs may vary, so it's important to listen to your body and make adjustments that best suit your own sleep requirements.

## fight

When it comes to conflict resolution, it is important to prioritize nonviolent and peaceful approaches. However, if your intention is to understand self-defense or martial arts techniques, here are some general guidelines for fighting like a human:

- **Training and Conditioning:** Develop physical strength, endurance, and agility through regular training and conditioning. This includes exercises such as cardiovascular workouts, strength training, and flexibility exercises. This helps prepare your body for the physical demands of a fight.
- **Learn Self-Defense Techniques:** Enroll in self-defense classes or martial arts training to learn proper techniques for strikes, kicks, blocks, and defensive maneuvers. It's crucial to practice these techniques in a controlled environment under the guidance of experienced instructors.

fight

- **Focus on Defense:** In a real-life confrontation, prioritize self-defense and protecting yourself over offensive moves. Utilize techniques like blocking, evading, or redirecting attacks to minimize harm and create opportunities for escape.
- **Maintain Awareness:** Stay aware of your surroundings and potential threats. Understanding your environment can help you anticipate and avoid dangerous situations.
- **Use Verbal Skills:** Before resorting to physical confrontation, attempt to defuse the situation through effective communication. Stay calm and assertive, setting clear boundaries and expressing your desire for a peaceful resolution.
- **Assess the Situation:** Evaluate the level of threat to determine an appropriate response. Avoid escalating the conflict unnecessarily and consider escaping or seeking help if circumstances permit.

fight

- **Minimize Injuries:** While fighting, aim to protect vulnerable areas of your body, such as the head, face, and groin, while attempting to neutralize your opponent's attacks.
- **Control Emotional Responses:** Maintain control over your emotions and adrenaline response. Emotional restraint can help you think more clearly and make better decisions during a fight.
- **Avoid Excessive Force:** Use only the level of force necessary to defend yourself and ensure your safety. Escalating the use of force beyond what is necessary can have legal and ethical consequences.
- **Seek Professional Guidance:** If you are interested in learning self-defense techniques, seek guidance from experienced instructors or martial arts professionals who can provide personalized instruction and ensure your safety.

# fight

It's important to acknowledge that resorting to physical violence should be a last resort and avoiding conflicts through de-escalation and peaceful means is always preferred.<sup>[4]</sup>

**This part is difficult, so let's watch a video.**

[https://www.youtube.com/watch?v=4eUc1J\\_eArA](https://www.youtube.com/watch?v=4eUc1J_eArA)

## 参考文献

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