Linux:

Linux is an open source operating system (OS). An operating system is the software that directly manages a system's hardware and resources, like CPU, memory, and storage. The OS sits between applications and hardware and makes the connections between all of your software and the physical resources that do the work.

Kali linux:

Kali Linux is a Debian-derived Linux distribution that is maintained by Offensive Security. It was developed by Mati Aharoni and Devon Kearns. Kali contains several hundred tools which are geared towards various information security tasks, such as Penetration Testing, Security research, Debian-based Linux distribution aimed at advanced Penetration Testing and Security Auditing. The Kali Linux distribution is based on Debian Testing.

VMware Worksatation:

A Virtual Machine (VM) is a computer resource that uses software instead of a physical computer to run programs and deploy apps. One or more virtual **guest** machines run on a physical **host** machine.