

Bonus: Daily Practice Schedule

0. Understanding What Ethical Hacking Is

- Ethical hacking = authorized penetration testing
- Goal = improve security, not break it
- Think like a hacker, act like a protector

1. Basic IT & Networking Fundamentals

- Internet, IP Addressing, Subnetting
- DNS, DHCP, NAT, TCP/IP vs OSI
- Linux basics (especially command-line)

Resources:

- FreeCodeCamp Network Fundamentals
- Cisco Networking Basics (NetAcad)
- OverTheWire Wargames - Bandit

2. Programming for Hackers

- Learn Python, JavaScript, Bash

Resources:

- Python - FreeCodeCamp, Automate the Boring Stuff
- Bash - LinuxCommand.org

3. Get Comfortable with Operating Systems

- Windows & Linux: services, file systems, permissions
- Install Kali Linux or Parrot OS

Tools: VirtualBox, Kali Linux, Parrot OS

4. Learn Cyber Security Concepts

- CIA Triad, Attack types, Malware, Firewalls, VPNs

Courses:

- Coursera Intro to Cyber Security
- Google Cybersecurity Certificate

5. Start Hacking (Legally)

- Use TryHackMe (Pre Security path), Hack The Box
- Learn: Nmap, Enumeration, Exploitation, PrivEsc
- Tools: Metasploit, John, Hashcat, Aircrack-ng

6. Deep Dive into Web Hacking

- OWASP Top 10, Burp Suite, Cookie Hijacking
- Practice: DVWA, OWASP Juice Shop

7. Learn Advanced Topics

- Reverse Engineering, Buffer Overflow
- Wireless Attacks, Malware Analysis
- Social Engineering, Bug Bounty Hunting

Courses: OSCP, Practical Ethical Hacking - TCM

8. Certifications

- CompTIA Security+, CEH, eJPT, OSCP

9. Build a Portfolio

- Write blogs, CTF writeups, create GitHub repos
- Join Discord, Reddit hacking communities

10. Stay Updated

- Follow HackerOne, Reddit (r/netsec, r/hacking)
- YouTube: LiveOverflow, IppSec, NetworkChuck

Bonus: Daily Practice Schedule

Mon - Networking + Linux

Tue - Python scripting

Wed - TryHackMe rooms

Thu - Web Hacking (Burp, OWASP)

Fri - CTF challenges

Sat - Deep dive topics

Sun - Review + write blog