

Computer Systems Security

exercises

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Preface

This material is prepared for use in *Computer Systems Security workshop* and was prepared by Henrik Lund Kramshoej, <http://www.zencurity.com> . It describes the networking setup and applications for trainings and workshops where hands-on exercises are needed.

Further a presentation is used which is available as PDF from kramse@Github
Look for system-security-exercises in the repo security-courses.

These exercises are expected to be performed in a training setting with network connected systems. The exercises use a number of tools which can be copied and reused after training. A lot is described about setting up your workstation in the repo

<https://github.com/kramse/kramse-labs>

Prerequisites

This material expect that participants have a working knowledge of TCP/IP from a user perspective. Basic concepts such as web site addresses and email should be known as well as IP-addresses and common protocols like DHCP.

Have fun and learn

Exercise content

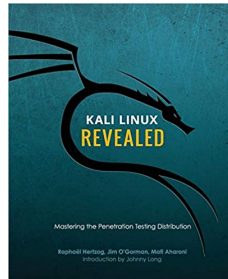
Most exercises follow the same procedure and has the following content:

- **Objective:** What is the exercise about, the objective
- **Purpose:** What is to be the expected outcome and goal of doing this exercise
- **Suggested method:** suggest a way to get started
- **Hints:** one or more hints and tips or even description how to do the actual exercises
- **Solution:** one possible solution is specified
- **Discussion:** Further things to note about the exercises, things to remember and discuss

Please note that the method and contents are similar to real life scenarios and does not detail every step of doing the exercises. Entering commands directly from a book only teaches typing, while the exercises are designed to help you become able to learn and actually research solutions.

Exercise 1

Download Kali Linux Revealed (KLR) Book 10 min



Kali Linux Revealed Mastering the Penetration Testing Distribution

Objective:

We need a Kali Linux for running tools during the course. This is open source, and the developers have released a whole book about running Kali Linux.

This is named Kali Linux Revealed (KLR)

Purpose:

We need to install Kali Linux in a few moments, so better have the instructions ready.

Suggested method:

Create folders for educational materials. Go to <https://www.kali.org/download-kali-linux-revealed-book/> Read and follow the instructions for downloading the book.

Solution:

When you have a directory structure for download for this course, and the book KLR in PDF you are done.

Discussion:

Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Kali Linux is a free pentesting platform, and probably worth more than \$10.000

The book KLR is free, but you can buy/donate, and I recommend it.

Exercise 2

Download Debian Administrator's Handbook (DEB) Book 10 min



Objective:

We need a Linux for running some tools during the course. I have chosen Debian Linux as this is open source, and the developers have released a whole book about running it.

This book is named *The Debian Administrator's Handbook*, - shortened DEB

Purpose:

We need to install Debian Linux in a few moments, so better have the instructions ready.

Suggested method:

Create folders for educational materials. Go to download from the link <https://debian-handbook.info/> Read and follow the instructions for downloading the book.

Solution:

When you have a directory structure for download for this course, and the book DEB in PDF you are done.

Discussion:

Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Debian Linux is a free operating system platform.

The book DEB is free, but you can buy/donate to Debian, and I recommend it.

Not curriculum but explains how to use Debian Linux

Exercise 3

Check your Kali VM, run Kali Linux 30 min



Objective:

Make sure your virtual machine is in working order.

We need a Kali Linux for running tools during the course.

Purpose:

If your VM is not installed and updated we will run into trouble later.

Suggested method:

Go to <https://github.com/kramse/kramse-labs/>

Read the instructions for the setup of a Kali VM.

Hints:

If you allocate enough memory and disk you wont have problems.

Solution:

When you have a updated virtualisation software and Kali Linux, then we are good.

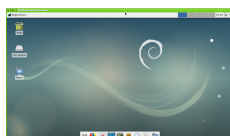
Discussion:

Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Kali Linux includes many hacker tools and should be known by anyone working in infosec.

Exercise 4

Check your Debian VM 10 min



Objective:

Make sure your Debian virtual machine is in working order.

We need a Debian 10 Linux for running a few extra tools during the course.

This is a bonus exercise - only one Debian is needed per team.

Purpose:

If your VM is not installed and updated we will run into trouble later.

Suggested method:

Go to <https://github.com/kramse/kramse-labs/>

Read the instructions for the setup of a Kali VM.

Hints:

Solution:

When you have a updated virtualisation software and Kali Linux, then we are good.

Discussion:

Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 5

Investigate /etc 10 min

Objective:

We will investigate the /etc directory on Linux

We need a Kali Linux and a Debian Linux VM, to compare

Purpose:

Start seeing example configuration files, including:

- User database /etc/passwd and /etc/group
- The password database /etc/shadow

Suggested method:

Boot your Linux VMs, log in

Investigate permissions for the user database files passwd and shadow

Hints:

Linux has many tools for viewing files, the most efficient would be less.

```
h1k@debian:~$ cd /etc
h1k@debian:/etc$ ls -l shadow passwd
-rw-r--r-- 1 root root  2203 Mar 26 17:27 passwd
-rw-r----- 1 root shadow 1250 Mar 26 17:27 shadow
h1k@debian:/etc$ ls
... all files and directories shown, investigate more if you like
```

Showing a single file: less /etc/passwd and press q to quit

Showing multiple files: less /etc/* then :n for next and q for quit

Trying reading the shadow file as your regular user:

```
user@debian-9-lab:/etc$ cat /etc/shadow
cat: /etc/shadow: Permission denied
```

Why is that? Try switching to root, using su or sudo, and redo the command.

Solution:

When you have seen the most basic files you are done.

Discussion:

Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 6

Enable UFW firewall - 10 min

Objective:

Turn on a firewall and configure a few simple rules.

Purpose:

See how easy it is to restrict incoming connections to a server.

Suggested method:

Install a utility for firewall configuration.

You could also perform Nmap port scan with the firewall enabled and disabled.

Hints:

Using the ufw package it is very easy to configure the firewall on Linux.

Install and configuration can be done using these commands.

```
root@debian01:~# apt install ufw
Reading package lists... Done
Building dependency tree
Reading state information... Done
The following NEW packages will be installed:
  ufw
0 upgraded, 1 newly installed, 0 to remove and 0 not upgraded.
Need to get 164 kB of archives.
After this operation, 848 kB of additional disk space will be used.
Get:1 http://mirrors.dotsrc.org/debian stretch/main amd64 ufw all 0.35-4 [164 kB]
Fetched 164 kB in 2s (60.2 kB/s)
...
root@debian01:~# ufw allow 22/tcp
Rules updated
Rules updated (v6)
root@debian01:~# ufw enable
Command may disrupt existing ssh connections. Proceed with operation (y|n)? y
Firewall is active and enabled on system startup
root@debian01:~# ufw status numbered
Status: active
```

To	Action	From
--	-----	----
[1] 22/tcp	ALLOW IN	Anywhere
[2] 22/tcp (v6)	ALLOW IN	Anywhere (v6)

Also allow port 80/tcp and port 443/tcp - and install a web server. Recommend Nginx `apt-get install nginx`

Solution:

When firewall is enabled and you can still connect to Secure Shell (SSH) and web service, you are done.

Discussion:

Further configuration would often require adding source prefixes which are allowed to connect to specific services. If this was a database server the database service should probably not be reachable from all of the Internet.

Web interfaces also exist, but are more suited for a centralized firewall.

Configuration of this firewall can be done using ansible, see the documentation and examples at https://docs.ansible.com/ansible/latest/modules/ufw_module.html

Should you have both a centralized firewall in front of servers, and local firewall on each server? Discuss within your team.

Exercise 7

Git tutorials - 15min



Objective:

Try the program Git locally on your workstation

Purpose:

Running Git will allow you to clone repositories from others easily. This is a great way to get new software packages, and share your own.

Git is the name of the tool, and Github is a popular site for hosting git repositories.

Suggested method:

Run the program from your Linux VM. You can also clone from your Windows or Mac OS X computer. Multiple graphical front-end programs exist too.

Most important are Git clone and pull:

```
user@Projects:tt$ git clone https://github.com/kramse/kramse-labs.git
Cloning into 'kramse-labs'...
remote: Enumerating objects: 283, done.
remote: Total 283 (delta 0), reused 0 (delta 0), pack-reused 283
Receiving objects: 100% (283/283), 215.04 KiB | 898.00 KiB/s, done.
Resolving deltas: 100% (145/145), done.

user@Projects:tt$ cd kramse-labs/

user@Projects:kramse-labs$ ls
LICENSE  README.md  core-net-lab  lab-network  suricatazeek  work-station
user@Projects:kramse-labs$ git pull
Already up to date.
```

Hints:

Browse the Git tutorials on <https://git-scm.com/docs/gittutorial> and <https://guides.github.com/activities/hello-world/>

We will not do the whole tutorials within 15 minutes, but get an idea of the command line, and see examples. Refer back to these tutorials when needed or do them at home.

Note: you don't need an account on Github to download/clone repositories, but

having an account allows you to save repositories yourself and is recommended.

Solution:

When you have tried the tool and seen the tutorials you are done.

Discussion:

Before Git there has been a range of version control systems, see https://en.wikipedia.org/wiki/Version_control for more details.

Exercise 8

Bonus: Use Ansible to install Elastic Stack

Objective:

Run Elasticsearch

Purpose:

See an example tool used for many projects, Elasticsearch from the Elastic Stack

Suggested method:

We will run Elasticsearch, either using the method from:

<https://www.elastic.co/guide/en/elastic-stack-get-started/current/get-started-elastic-stack.html>

or by the method described below using Ansible - your choice.

Ansible used below is a configuration management tool <https://www.ansible.com/> and you can adjust them for production use!

I try to test my playbooks using both Ubuntu and Debian Linux, but Debian is the main target for this training.

First make sure your system is updated, as root run:

```
apt-get update && apt-get -y upgrade && apt-get -y dist-upgrade
```

You should reboot if the kernel is upgraded :-)

Second make sure your system has ansible and my playbooks: (as root run)

```
apt -y install ansible git python  
git clone https://github.com/kramse/kramse-labs
```

We will run the playbooks locally, while a normal Ansible setup would use SSH to connect to the remote node.

Then it should be easy to run Ansible playbooks, like this: (again as root, most packet sniffing things will need root too later)

```
cd kramse-labs/suricatazeek  
ansible-playbook -v 1-dependencies.yml 2-suricatazeek.yml 3-elasticstack.yml
```

Note: I keep these playbooks flat and simple, but you should investigate Ansible roles for real deployments.

If I update these, it might be necessary to update your copy of the playbooks. Run this while you are in the cloned repository:

```
git pull
```

Note: usually I would recommend running `git clone` as your personal user, and then use `sudo` command to run some commands as root. In a training environment it is OK if you want to run everything as root. Just beware.

Note: these instructions are originally from the course

Go to <https://github.com/kramse/kramse-labs/tree/master/suricatazeek>

Hints:

Ansible is great for automating stuff, so by running the playbooks we can get a whole lot of programs installed, files modified - avoiding the Vi editor 😊

Example playbook content, installing software using APT:

```
apt:
  name: "{{ packages }}"
  vars:
    packages:
      - nmap
      - curl
      - iperf
      ...
```

Solution:

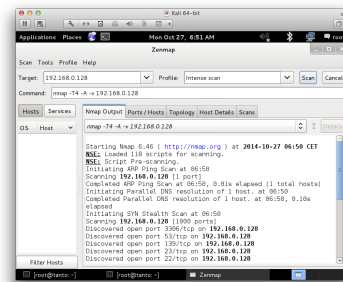
When you have a updated VM and Ansible running, then we are good.

Discussion:

Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 9

Discover active systems ping sweep 10 min



Objective:

Use nmap to discover active systems

Purpose:

Know how to use nmap to scan networks for active systems.

Suggested method:

1. First download the **Zenmap RPM** file with type `.rpm` from <https://nmap.org/download>
2. Install the tool Alien, apt install alien
3. then convert to `.deb` file using the tool alien, `alien *.rpm`
4. install like a regular package, `dpkg -i *.deb`

Process is described in various posts around the internet. for example: <https://lifars.com/2020/01/zenmap-installation-guide-kali-linux-2019-4/>

Try different scans,

- Ping sweep to find active systems
- Port sweeps to find active systems with specific ports

Hints:

Try nmap in sweep mode - and you may run this from Zenmap

Solution:

Use the command below as examples:

- Ping sweep `nmap -sP 10.0.45.*`
- Port sweeps `nmap -p 80 10.0.45.*`

Discussion:

Quick scans quickly reveal interesting hosts, ports and services

Also now make sure you understand difference between single host scan `10.0.45.123/32`, a whole subnet `/24` 250 hosts `10.0.45.0/24` and other more advanced targeteting like `10.0.45.0/25` and `10.0.45.1-10`

Exercise 10

Execute nmap TCP and UDP port scan 20 min

Objective:

Use nmap to discover important open ports on active systems

Purpose:

Finding open ports will allow you to find vulnerabilities on these ports.

Suggested method:

Use `nmap -p 1-1024 server` to scan the first 1024 TCP ports and use Nmap without ports. What is scanned then?

Try to use `nmap -sU` to scan using UDP ports, not really possible if a firewall is in place.

If a firewall blocks ICMP you might need to add `-Pn` to make nmap scan even if there are no Ping responses

Hints:

Sample command: `nmap -Pn -sU -p1-1024 server` UDP port scanning 1024 ports without doing a Ping first

Solution:

Discover some active systems and most interesting ports, which are 1-1024 and the built-in list of popular ports.

Discussion:

There is a lot of documentation about the nmap portscanner, even a book by the author of nmap. Make sure to visit <http://www.nmap.org>

TCP and UDP is very different when scanning. TCP is connection/flow oriented and requires a handshake which is very easy to identify. UDP does not have a handshake and most applications will not respond to probes from nmap. If there is no firewall the operating system will respond to UDP probes on closed ports - and the ones that do not respond must be open.

When doing UDP scan on the internet you will almost never get a response, so you cannot tell open (not responding services) from blocked ports (firewall drop packets). Instead try using specific service programs for the services, sample program could be `nsping` which sends DNS packets, and will often get a response from a DNS server running on UDP port 53.

Exercise 11

Perform nmap OS detection 10 min

Objective:

Use nmap OS detection and see if you can guess the brand of devices on the network

Purpose:

Getting the operating system of a system will allow you to focus your next attacks.

Suggested method:

Look at the list of active systems, or do a ping sweep.

Then add the OS detection using the option `-O`

Better to use `-A` all the time, includes even more scripts and advanced stuff See the next exercise.

Hints:

The nmap can send a lot of packets that will get different responses, depending on the operating system. TCP/IP is implemented using various constants chosen by the implementors, they have chosen different standard packet TTL etc.

Solution:

Use a command like `nmap -O -p1-100 10.0.45.45` or `nmap -A -p1-100 10.0.45.45`

Discussion:

nmap OS detection is not a full proof way of knowing the actual operating system, but in most cases it can detect the family and in some cases it can identify the exact patch level of the system.

Exercise 12

Run Armitage 30min

Objective:

Try hacking using a graphical program, see how quick and easy it can be.

Purpose:

Show that when a vulnerability exist attacks can be executed quickly and easy.

Suggested method:

Running Armitage as a gui on top of Metasploit is the easiest way to do this.

1. Boot up Kali Linux
2. Boot up Metasploitable, available in multiple versions
3. Run Armitage
4. Run `db_nmap` to scan, or select from menus
5. Use menus to execute attacks
6. Note which succeeded, describe those attacks that succeeded in relation to MITRE ATT&CK framework

Hints:

Running Metasploit against Metasploitable - which is a vulnerable system - should result in multiple vulnerabilities exploited.

Each of these may have different characteristics.

We are aiming at:

- Vulnerable application - root access
- Vulnerable application - non-root access, would need privilege escalation
- Bad password allowing Brute Force access, `msfadmin/msfadmin` - see also *Valid Accounts*

Solution:

When you have exploited and mapped at least one vulnerability you are done, but should spend more time.

Discussion:

Do we need these frameworks? What are the benefits? - can we become product blind - so we only see what these framework cover.