

- Board games
- Video games







Dexcom



What am I doing here?

- Penetration Test vs Red Team
- Overview of terminology
- Introduction to MITRE
- Understanding tools
- Keeping things fair
- VECTR

Penetration Test

- Identification of vulnerabilities.
- Minimal consideration of OPSEC.
- Find everything you possibly can.



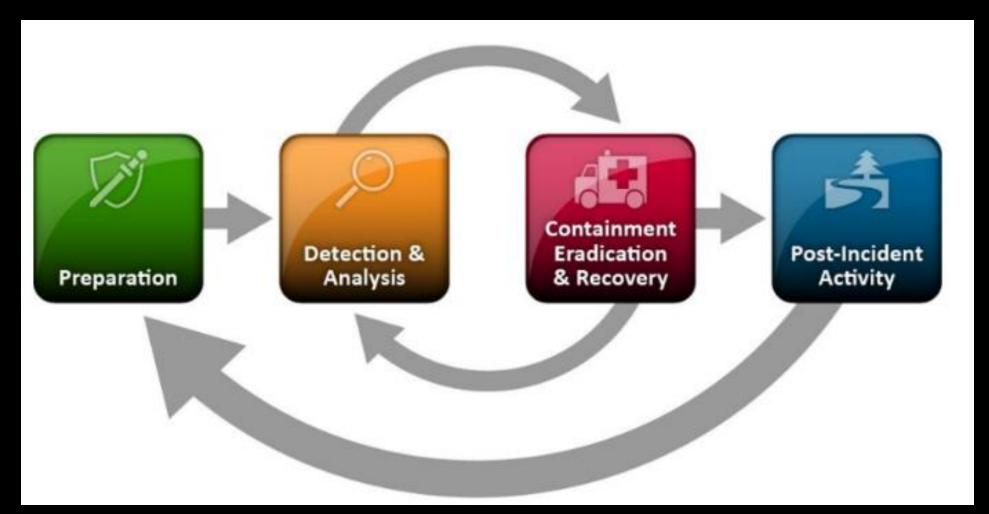
Red Team Operation

- OPSEC considerations
- Objective based
- Systemic issues



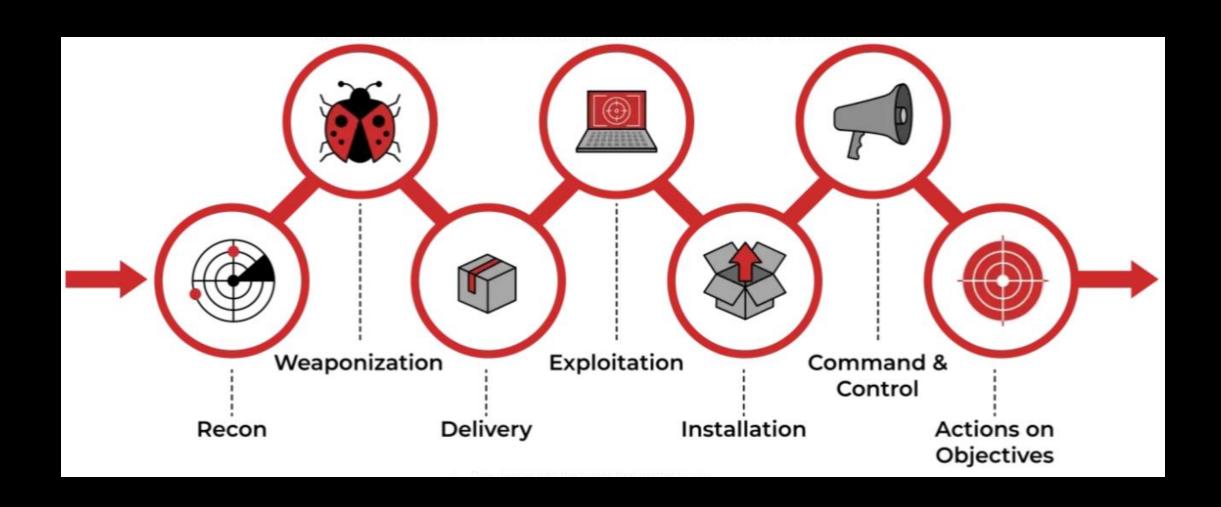
Source: https://training.zeropointsecurity.co.uk/courses/red-team-ops

Blue Team

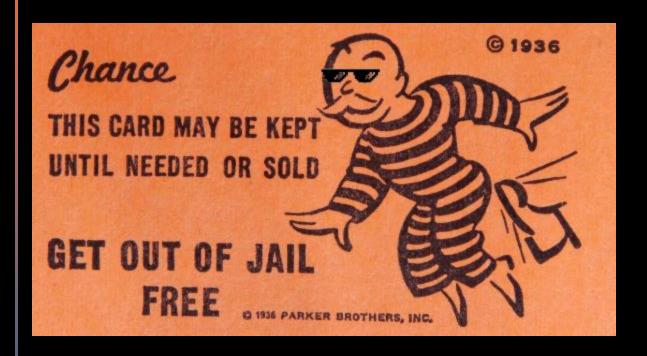


Source: NIST Computer Security Incident Handling Guide, figure from page 21

Red Team



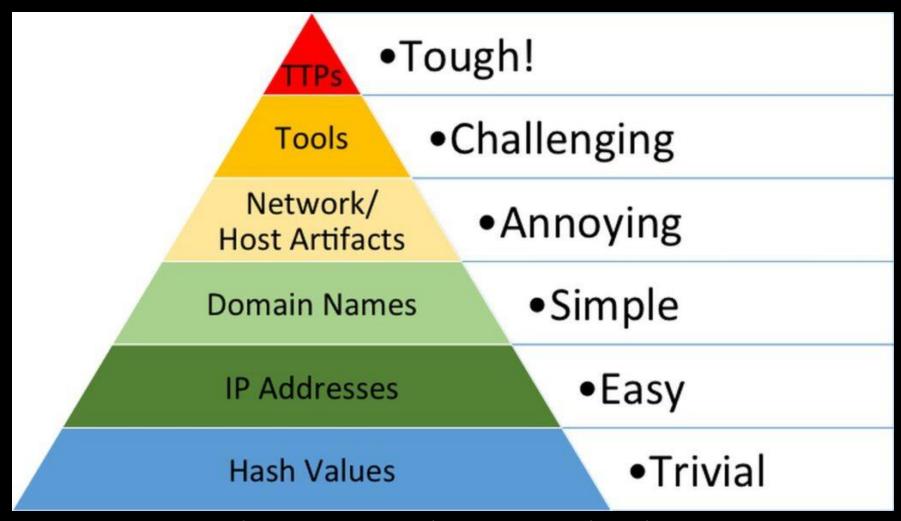
Control Group



- Sign off
- Halt escalation
- Constant contact

MIRE ATT&CK[™]

The Pyramid of Pain



Source: https://www.attackiq.com/glossary/pyramid-of-pain/

OPSEC

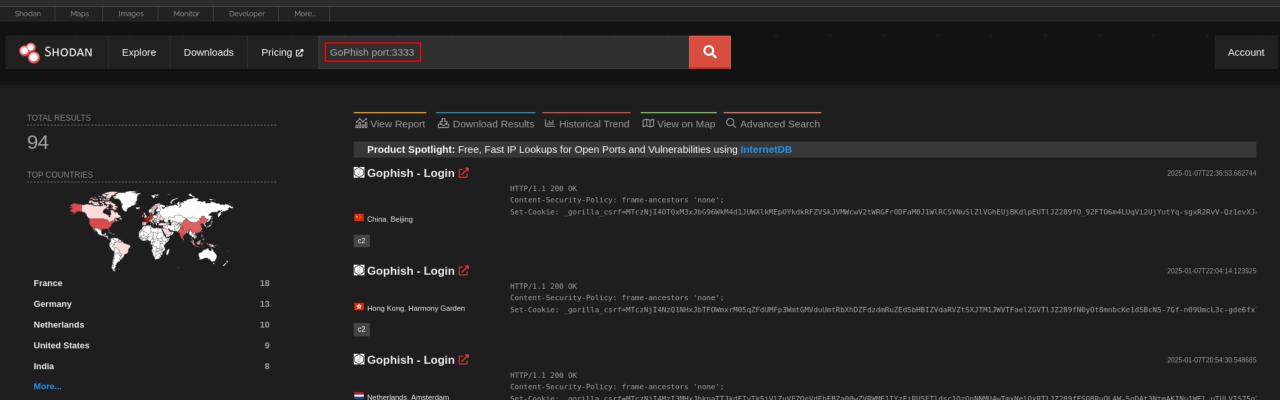
- Secure your stuff!
- Documentation
- What does the tool do?
- ISO8601
 - YYYY-MM-DDTHH:MM:SS-UTC

Seriously, Who's Gonna Find It?



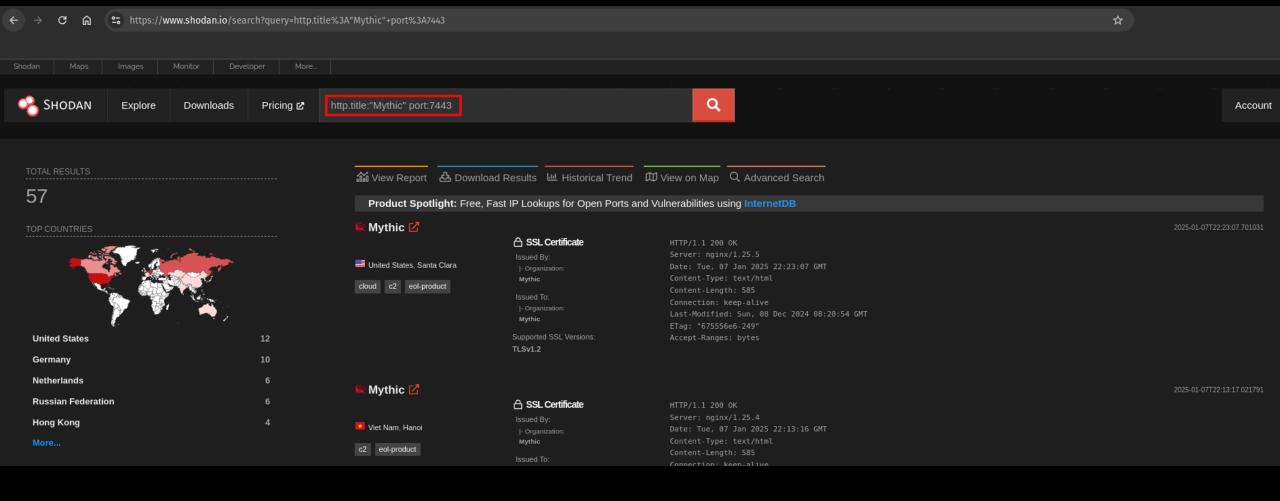
Let's Put It On The Internet

A Comprehensive Guide To Putting Critical Infrastructure Online



Set-Cookie: _gorilla_csrf=MTczNjI4MzI3MHxJbkpaTTJkdFIyTk5iVlZuVFZ0eVdEbFBZa00wZVRWME1IYzFiRU5ETldsc1QzQnNNMU4wTmxNelQxRTlJZ289fFS08RuQLAW-5qDAt3NtmAKINu1WEl_uTULVIS75g;

C ର https://www.shodan.io/search?query=GoPhish+port%3A3333



GoPhish



Easy to setup

User friendly

Contains identifiers

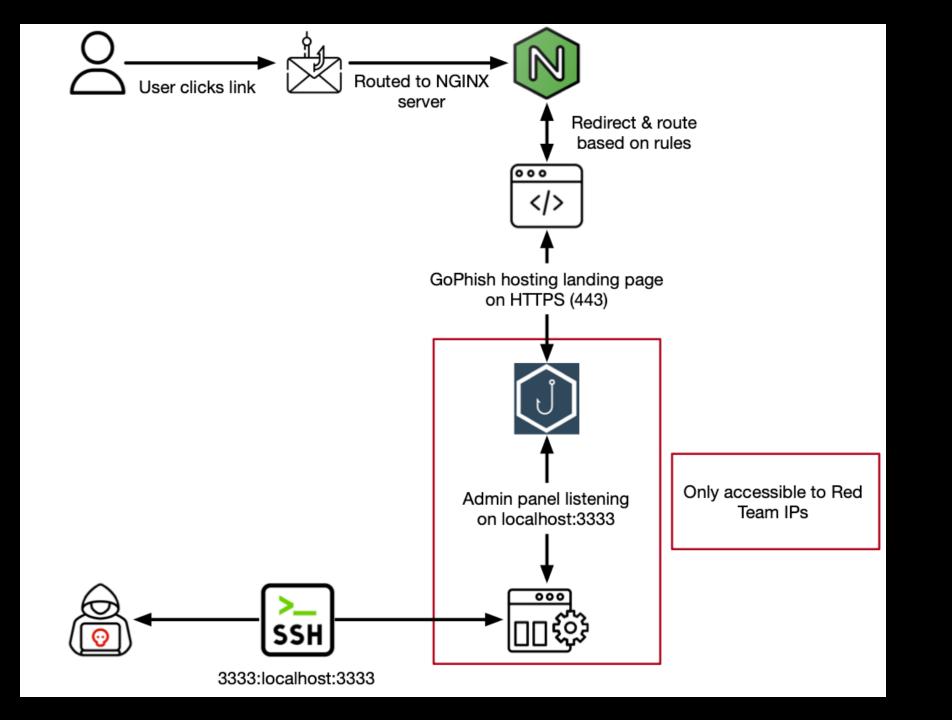


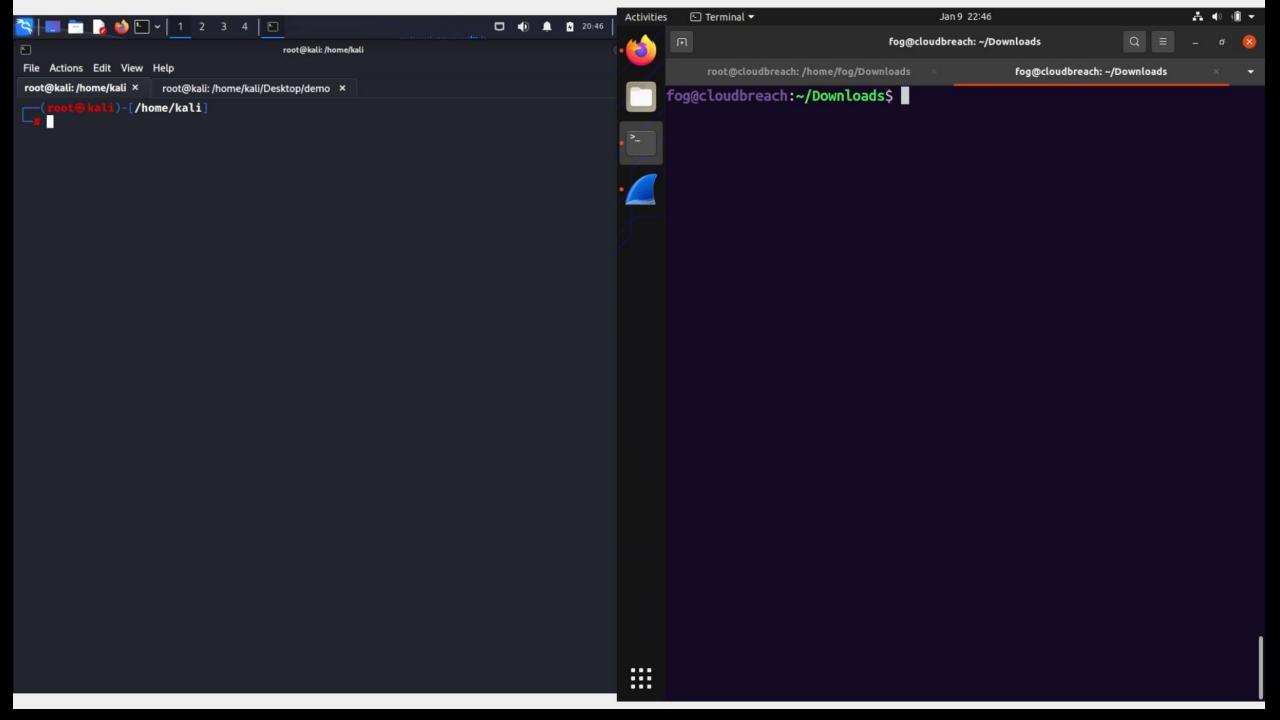
GoPhish Email Headers

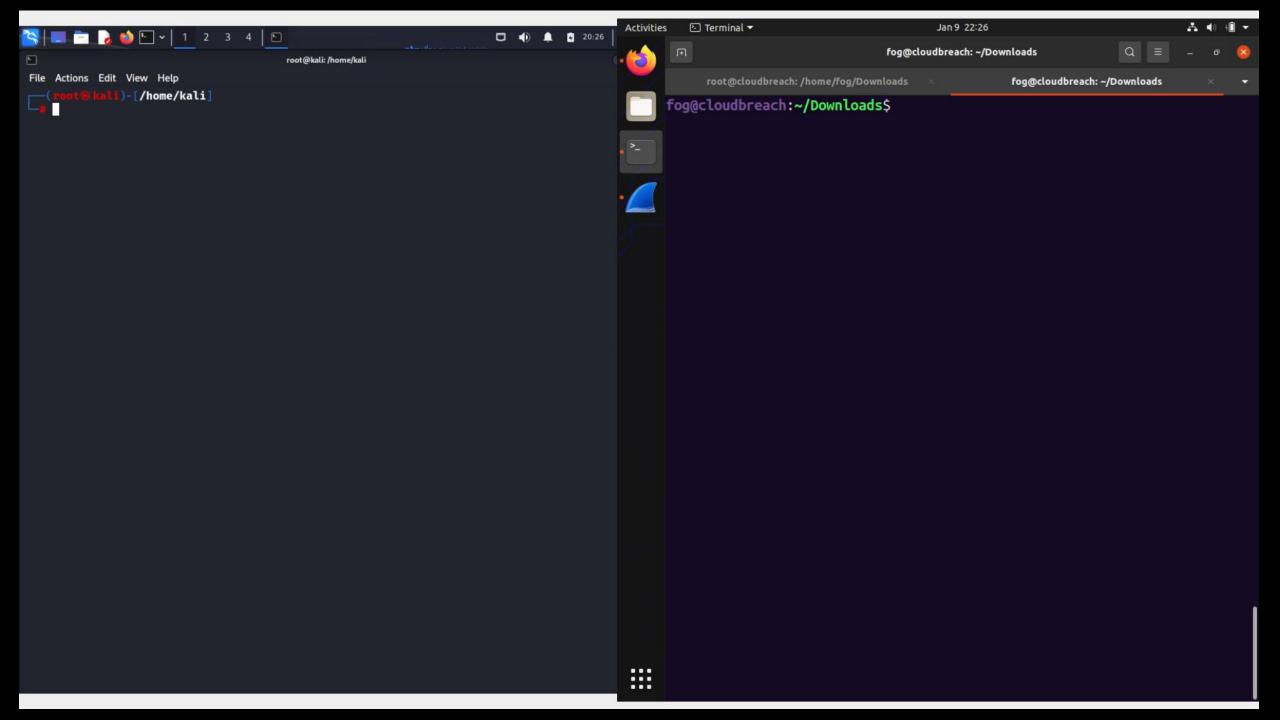
```
Mime-Version: 1.0
Date: Mon, 20 Jan 2025 00:52:09 +0000
From: NoReply <noreply@ >
X-Mailer: gophish
Message-ID: <
Subject: Password Expired
To:
Content-Type: text/plain; charset=UTF-8
Content-Transfer-Encoding: quoted-printable
Feedback-ID:
X-SES-Outgoing:
Content-Length: 113

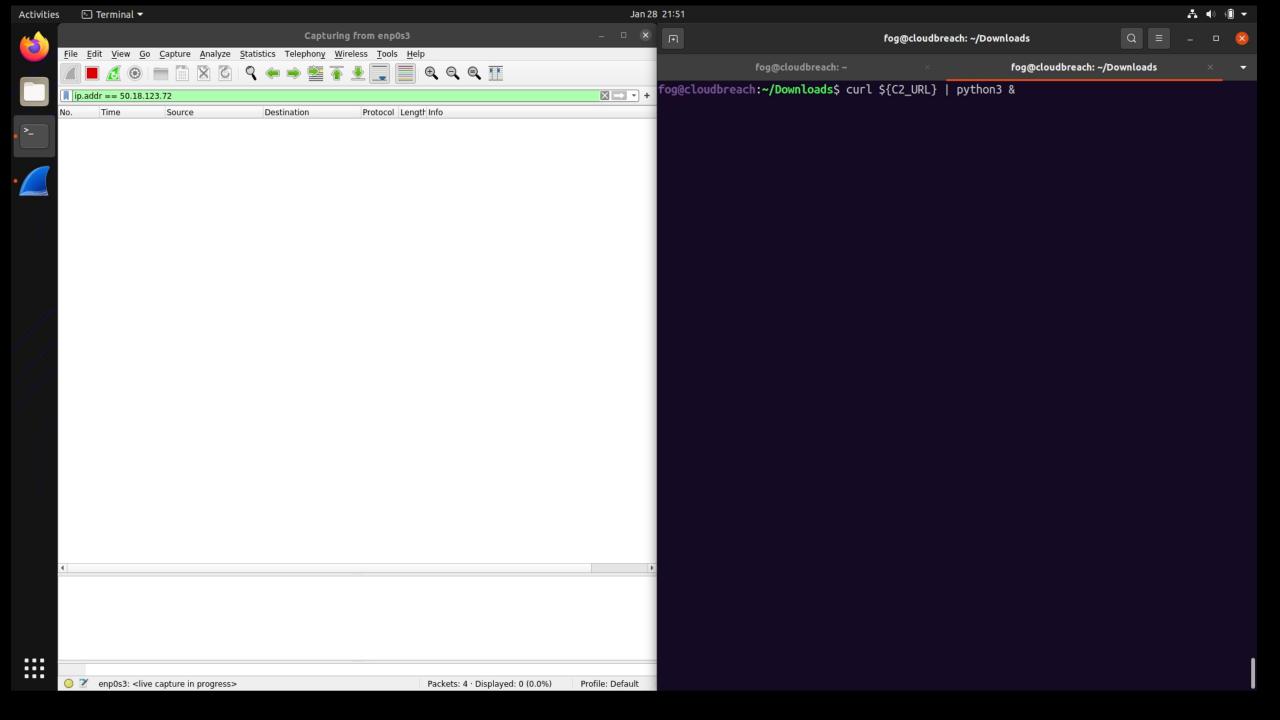
Your password has expired! Click the link below to fix your account!
```

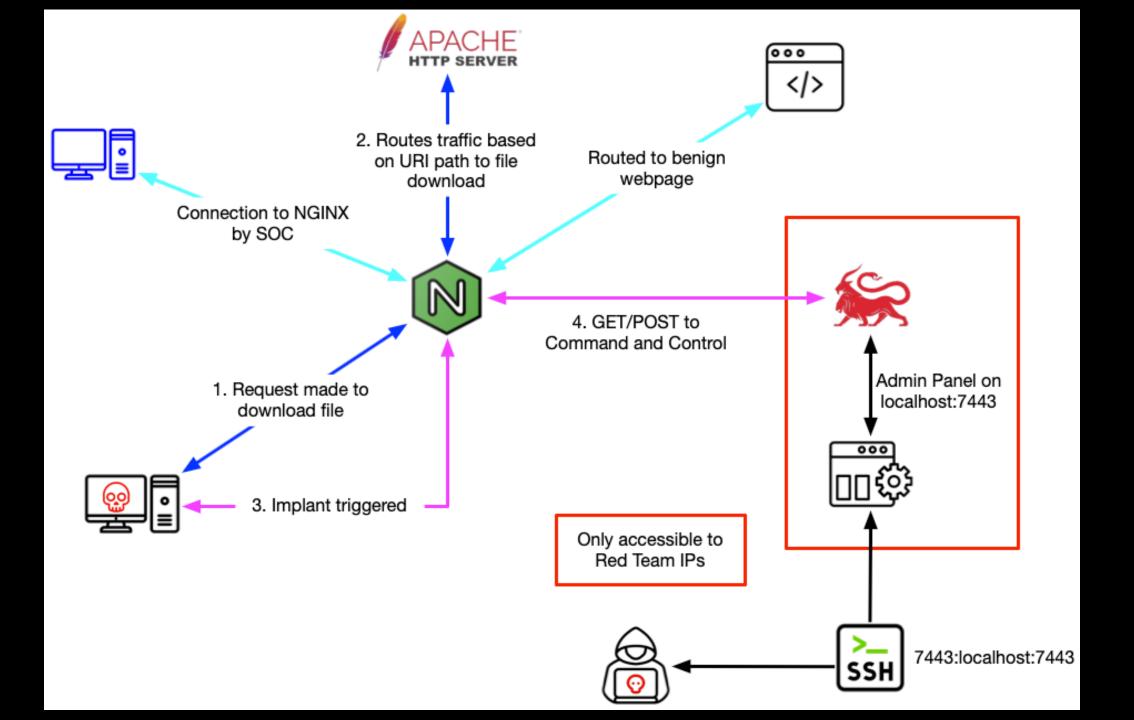
GoPhish Server Headers













executed in a reasonable time at the moment. They stay in the queue and will be processed, when the situation gets

better. Not sure when this will be, because these issues are going on for months.

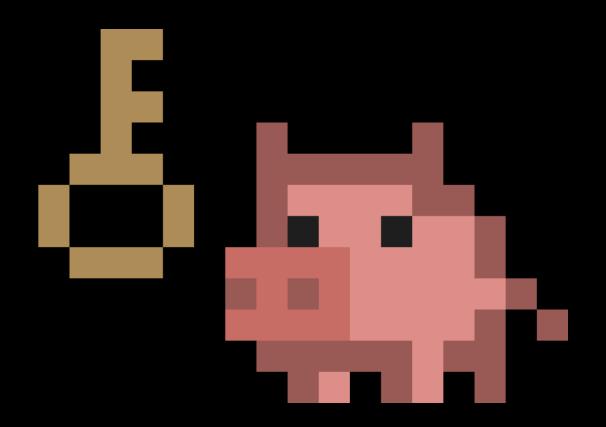
.ge, .my, .tz, .lb, .bm, .mm, .mz, .pk, .bh, .vg, .ls, .ph, .zm, .ad, .ws, .cm, .bf, .cd, .gh, .kw, .mw, .sl, .na, .kn

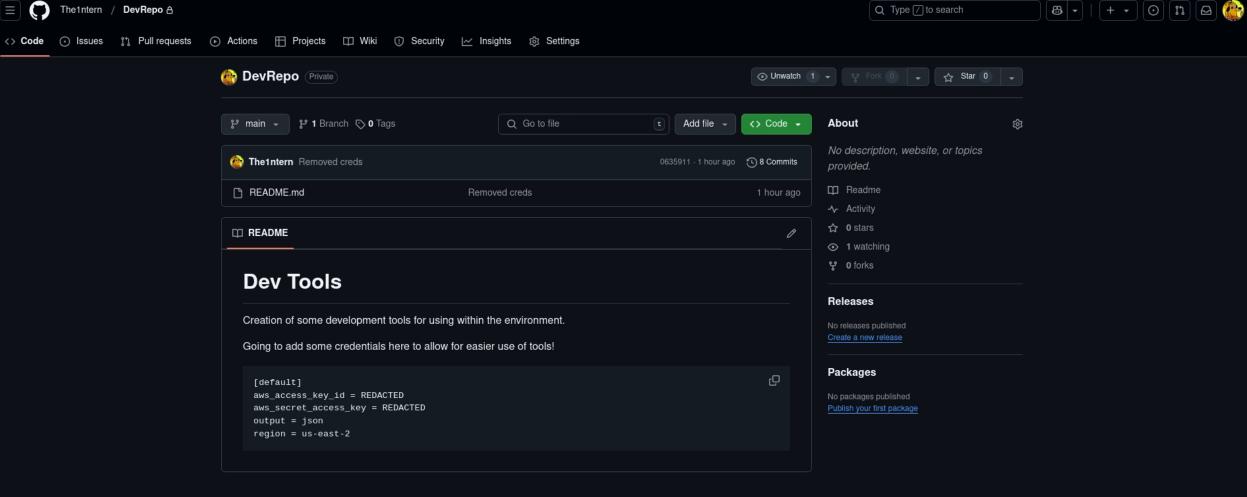
.bond, .click, .one, .lat, .africa, .amsterdam, .brussels, .realtor, .paris, .love, .eco, .kiwi, .wales, .xin, .sexy, .forum,

2025-01-11 added Deleted Domain Lists for 33 ngTLDs

Trufflehog

- Scanning repository technologies
- Several regex based detectors
- Consistent updates/fixes

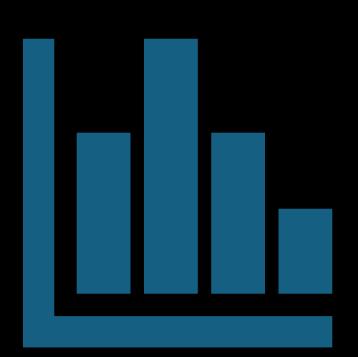






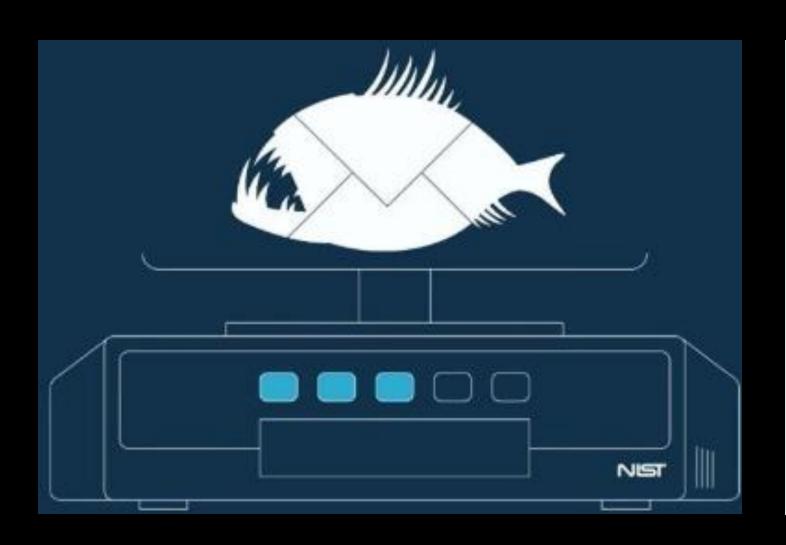
Pacu

- Enumerating/storing information from AWS
- Analysis of IAM data
- Hides activity



Collecting Metrics

NIST Phish Scale



- Standardized method of grading
- Promotes "fairness" and transparency

How a "Grading" is Determined

Cue Type	Cue Name	Criteria for Counting	
Error	Spelling and grammar irregularities	Does the message contain Inaccurate spelling or grammar use, including mismatched plurality?	
	Inconsistency	Are there inconsistencies contained in the email message?	
Technical indicator	Attachment type	Is there a potentially dangerous attachment?	
	Sender display name and email address	Does a display name hide the real sender or reply-to email addresses?	
	URL hyperlinking	Is there text that hides the true URL behind the text?	
	Domain spoofing	Is a domain name used in addresses or links plausibly similar to a legitimate entity's domain?	
Visual presentation indicator	No/minimal branding and logos	Are appropriately branded labeling, symbols, or insignias missing?	
	Logo imitation or out-of-date branding/logos	Do any branding elements appear to be an imitation or out-of- date?	
	Unprofessional looking design or formatting	Does the design and formatting violate any conventional professional practices? Do the design elements appear to be unprofessionally generated?	
	Security indicators and icons	Are any markers, images, or logos that imply the security of the email present?	
Language and content	Legal language/copyright info/disclaimers	Does the message contain any legal-type language such as copyright information, disclaimers, or tax information?	
	Distracting detail	Does the email contain details that are superfluous or unrelated to the email's main premise?	
	Requests for sensitive information	Does the message contain a request for any sensitive information, including personally identifying information or credentials?	
	Sense of urgency	Does the message contain time pressure to get users to quickly comply with the request, including implied pressure?	
	Threatening language	Does the message contain a threat, including an implied threat, such as legal ramifications for inaction?	
	Generic greeting	Does the message lack a greeting or lack personalization in the message?	
	Lack of signer details	Does the message lack detail about the sender, such as contact information?	

Premise Alignment Elements	Scoring Criteria	
1: Mimics a workplace process or practice	Does this element attempt to capture premise alignment with workplace process or practice for the target audience?	
2: Has workplace relevance	Does this element attempt to reflect pertinence of the premise for the target audience?	
Aligns with other situations or events, including external to the workplace	Does this element align to other situations or events, even those external to the workplace, lending an air of familiarity to the message?	
4: Engenders concern over consequences for NOT clicking	Does this element reflect potentially harmful ramifications for not clicking raise the likelihood to clicking?	
5: Has been the subject of targeted training, specific warnings, or other exposure	Does this element reflect targeted training effects that would lead to premise detection? Care must be taken to appropriately incorporate the training or warning specificity, as transfer of learning is quite difficult.	

Determining the Final Difficulty

Cues Category	Premise Alignment Category	Detection Difficulty
	Strong	Very difficult
Few (more difficult)	Medium	Very difficult
	Weak	Moderately difficult
	Strong	Very difficult
Some	Medium	Moderately difficult
	Weak	Moderately to Least difficult
	Strong	Moderately difficult
Many (less difficult)	Medium	Moderately difficult
	Weak	Least difficult



VECTR from Security Risk Advisors

Key Concepts

- Customer kudos
- Conduct internal surveys
- Tooling consequences
- Practice!
- Continuous learning



Q&A / Resources

https://github.com/khast3x/Redcloud

https://github.com/bluscreenofjeff/Red-Team-Infrastructure-Wiki

https://www.ired.team/

https://github.com/A-poc/RedTeam-Tools

https://github.com/geeksniper/Red-team-toolkit

https://github.com/RedTeamOperations/Red-Infra-Craft/tree/main

https://github.com/SecurityRiskAdvisors/VECTR

https://mitre-attack.github.io/attack-navigator/

https://github.com/GhostManager/Ghostwriter

https://howto.thec2matrix.com/

