$ ./start_workshop.sh

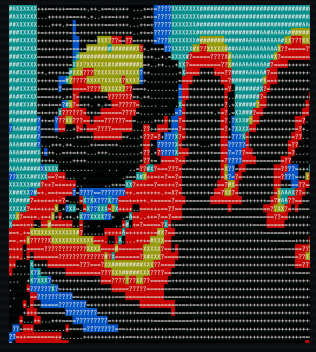
Penetration Testing Game Day

Learning Web Security with OWASP

Jono Finger_

Southern California Linux Expo 2026 - UpScale

$ whoami



Jono Finger · Software engineer

github.com/jonocodes

Why Devs Should Care

```
• • •
if (you.write(code)) {
  understand(how_it_breaks);
}
```

Penetration Testing

Authorized → Attacks → Find Weaknesses

Legal & ethical security testing

Why Practice?

Learn faster by exploiting

Than by reading guidelines

🧪 Safe practice environments matter

What Is OWASP?

Open Web Application Security Project

Global Community

Free Resources

Open Standards

OWASP Top 10

The most common

Most impactful

Web app vulnerabilities

Top 10 Categories

A01 Broken Access Control

A02 Crypto Failures

A03 Injection

A04 Insecure Design

A05 Misconfig

A06+...

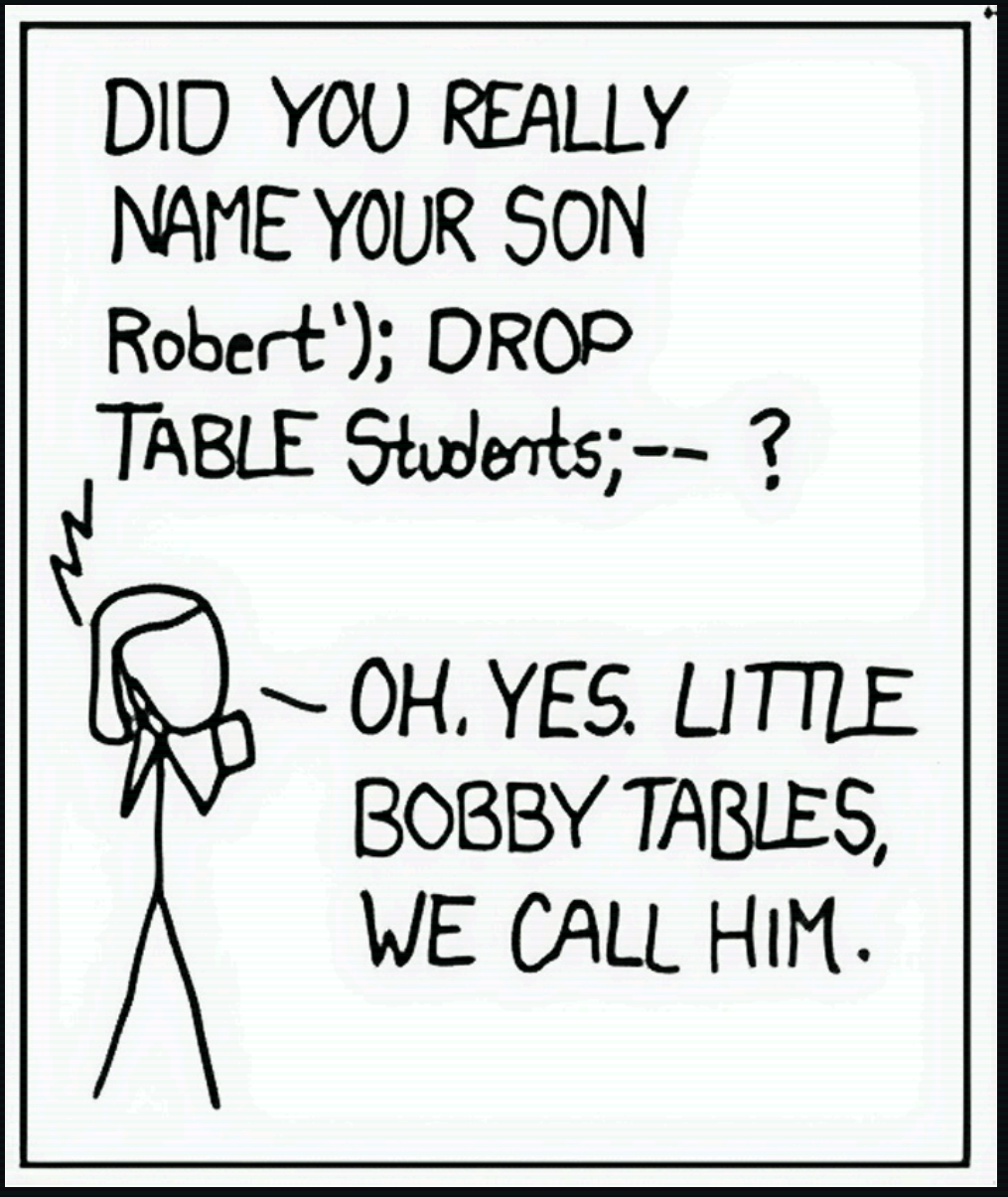
A03: Injection

Input isn’t separated from logic

SQL Injection

Still happens today.

ORMs can only help so much.



A01: Broken Access Control

Users do things they shouldn't

"But the UI doesn't show that button"
≠ security

Cross-Site Scripting (XSS)

```
• • •
Comment:
<script>evil()</script>
```

Attacker injects JS → Victims execute it

OWASP Is Always Evolving

REST → GraphQL → ???


Cloud


APIs


AI/ML

Same problems, new surfaces

Your Browser Is a Tool

Network Tab

Console

Extensions

A lot of hacking needs no fancy tools

OWASP ZAP

(Zed Attack Proxy)

Free & Open Source Web Security Tool!

Interceping Proxy | Dynamic DAST Tool | **OWASP Open Source!** | Fast & Security | FAST Tools

PROXY

Intercept & Modify HTTP/S Traffic

SPIDER CRAWLER

Discover & Map Web Content

SCANNING

Active & Passive Vulnerability Scans

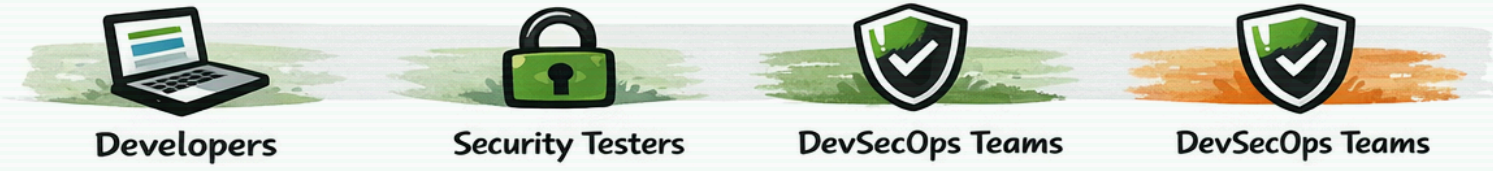
FUZZER

Test with Custom Payloads

REPORTS & ALERTS

Vulnerability Alerts & Reports

Proxy Intercept Time Timeline



OWASP Juice Shop

⚠️ Intentionally Vulnerable

Modern web app

Built for learning security

github.com/juice-shop/juice-shop

OWASP Juice Shop

Account EN

Welcome to OWASP Juice Shop!

Being a web application with a vast number of intended security vulnerabilities, the ***OWASP Juice Shop*** is supposed to be the opposite of a best practice or template application for web developers: It is an awareness, training, demonstration and exercise tool for security risks in modern web applications. The ***OWASP Juice Shop*** is an open-source project hosted by the non-profit Open Web Application Security Project (OWASP) and is developed and maintained by volunteers. Check out the link below for more information and documentation on the project.

https://owasp-juice.shop

Help getting started

Dismiss

All Products

Apple Juice (1000ml)

1.99¤

Banana Juice (1000ml)

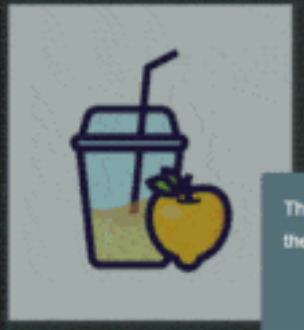
1.99¤

Best Juice Shop Salesman Artwork

5000¤

Carrot Juice (1000ml)

2.99¤



Eggfruit Juice

This website uses fruit cookies to ensure you get the juiciest tracking experience. But me wait!

Me want it!

Challenges & Scoring

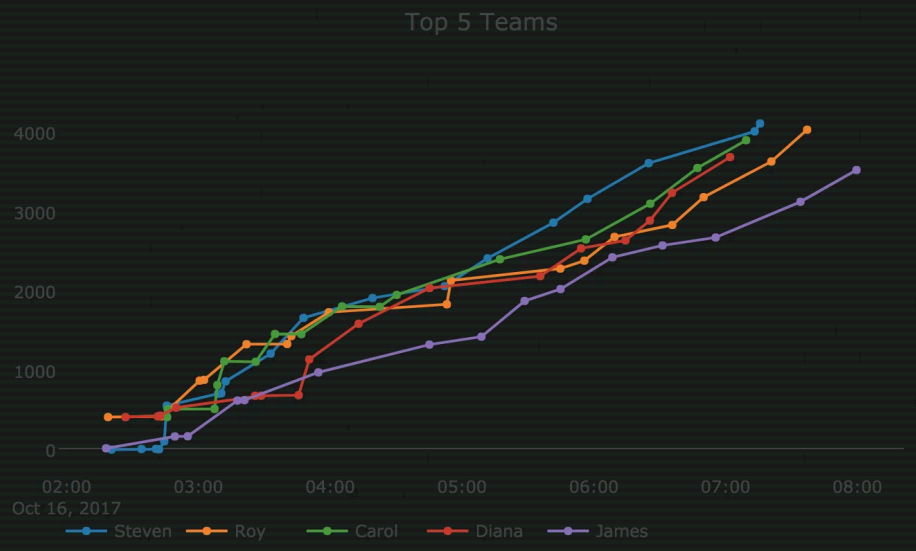
1337

Covers OWASP Top 10

Progressive difficulty · Instant feedback

./CTFd

Scoreboard



Place	Team	Score
1	Steven	4100
2	Roy	4021
3	Carol	3889
4	Diana	3676
5	James	3513
6	Harry	3400
7	Louis	3354
8	Mildred	3305

Where to Go Next

Web is just one slice 🍕

Kali Linux

Metasploit

CTF Events

DEF CON

Ghost in the Wires

Kevin Mitnick

www.dgt.is/docs/pen-testing-game-day