

5 Day Schedule

First of all make a free account on

1. <https://tryhackme.com/>
2. <https://portswigger.net/web-security>
3. <https://play.picoctf.org/>

We recommend setting up a linux virtual machine (preferably kali or parrot). You can use any other distro or even windows with WSL, but there you have to install the required tools by yourself. If you have a low spec laptop you can dual boot.

Links:

<https://www.kali.org/>

<https://www.parrotsec.org/download/>

Day 1(Basics)

Note: If you can learn from reading, you can directly go to tryhackme rooms.

Linux Basics - Watch at 1.5x Speed

<https://www.youtube.com/watch?v=oGj5JBBQLHs&list=PLBf0hzazHTGMh2fe2MFf3ICgk0rKmS2by&index=3>

<https://www.youtube.com/watch?v=qlVR1OaIUpA&list=PLBf0hzazHTGMh2fe2MFf3ICgk0rKmS2by&index=4>

<https://www.youtube.com/watch?v=uK3HnkrhCW8&list=PLBf0hzazHTGMh2fe2MFf3ICgk0rKmS2by&index=5>

<https://www.youtube.com/watch?v=U9SI-wYRD1M&list=PLBf0hzazHTGMh2fe2MFf3ICgk0rKmS2by&index=6>

Networking - Watch at 1.5x Speed

<https://www.youtube.com/watch?v=n2D1o-aM-2s&list=PLh94XVT4dq02frQRRZBHzvj2hwuhzSByN>

HTTP Basics

<https://youtu.be/pHFWGN-upGM>

<https://youtu.be/c9sMNC2PrMU>

https://www.youtube.com/watch?v=DxeSGUM16_4

Must Complete:

<https://tryhackme.com/room/linuxfundamentalspart1>

<https://tryhackme.com/room/linuxfundamentalspart2>

<https://tryhackme.com/room/linuxfundamentalspart3>

<https://tryhackme.com/room/webfundamentals>

Day 2 (Web tool)

Install burpsuite community edition from portswigger site.

Burp Suite Basics

<https://www.youtube.com/watch?v=G3hpAeoZ4ek>

Explore things with burpsuite as much you can. It can be used as proxy for mobile apps for app testing too.

Try some web exploitation challenges on <https://play.picoctf.org/>

OS Command Injection

<https://portswigger.net/web-security/os-command-injection>

Includes link to the video and **labs [MUST DO]**.

Severity-1 from here

<https://tryhackme.com/room/owasptop10>

Day 3 (SQL Injection)

https://www.youtube.com/watch?v=WWJTsKaJT_g

SQL Injection

<https://www.youtube.com/watch?v=wX6tszfgYp4>

Must Complete:

<https://portswigger.net/web-security/all-labs> (Minimum 10 SQL Injection Labs)

<https://tryhackme.com/room/sqlilab>

Extra SQLi Labs:

<https://github.com/Audi-1/sqli-labs>

At this point you can also try other web vulnerabilities like XSS, LFI, SSTI, XXE, LDAP Injection, etc.

Day 4 (nmap and metasploit)

Nmap

<https://www.youtube.com/watch?v=4t4kBkMsDbQ>

<https://tryhackme.com/room/furthernmap>

Metasploit

<https://tryhackme.com/room/rpmetasploit>

Complete room: <https://tryhackme.com/room/blue> by watching

<https://www.youtube.com/watch?v=32W6Y8fVFzg>

Try some other easy boxes on tryhackme

VULNHUB:

It has many boxes available as Virtual Machine (OVA). You can download them and load it in VirtualBox/VMWare. **MUST DO** if you have enough internet to download.

<https://www.vulnhub.com/>

Addition:

Now you should create account at <https://app.hackthebox.eu/invite>

Well **8 easy retired machines** are free this month (yes they are paid otherwise)!
Go hack them.

Retired machines have walkthroughs available. You should see ippsec's walkthroughs. (One of the **BEST** source)

<https://www.youtube.com/channel/UCa6eh7gCkpPo5XXUDfygQQA>

Day 5 (Reversing and Pwn)

Playlist:

<https://www.youtube.com/playlist?list=PLhixgUqwRTjxgllswKp9mpkfPNfHkzyeN>

Must Watch Videos: 5,6,11,12,13

<https://www.youtube.com/watch?v=fTGTnrgjuGA>

x86-Assembly course(contains 12 hours video lectures):

<https://opensecuritytraining.info/IntroX86.html>

Read this gitbook sincerely and using it a walkthrough ,try to complete Stack Buffer Overflow

<https://guyinatuxedo.github.io/>

Where to go next:

What are CTFs?

<https://www.youtube.com/watch?v=8ev9ZX9J45A>

Start doing CTFs

<https://ctftime.org/>

Practice on hackthebox

<https://www.hackthebox.eu/>