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Training Day 11 Report— 3 July 2025
 Introduction
 Day 11 covered authentication and common password-based attacks. The session
amined how weak authentication practices often serve as an attacker's easiest
 compromise.
 Key Concepts Discussed
 We analyzed brute force, credential stuffing, and password spraying technique
ally. Discussions included password storage best practices such as bcrypt, scr
 and the role of salts and iterations.
 Lab Preparation in Theory
 The class planned safe approaches to testing password strength and account lc
 policies without causing denial-of-service to legitimate users.
 Practical Understanding (Theory)
 Wecovered defense mechanisms: multi-factor authentication (MFA), adaptive thr
 anomaly detection, and how to design authentication flows to reduce attack su
 Key Takeaways
 Strong hashing, layered authentication, and monitoring substantially raise th
 password-based attacks.
 Conclusion
 The following day will address encryption fundamentals and secure storage of
 material.
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