

Building World Class Cyber Security Training Facilities

Experience in researching and building a cyber range -NCR

Muhammad Mudassar Yamin

Rome wasn't built in a day!

but it was burnt to the ground in only six

Motivation

Cyber attacks costs and impact



Key stats

Investing now can save

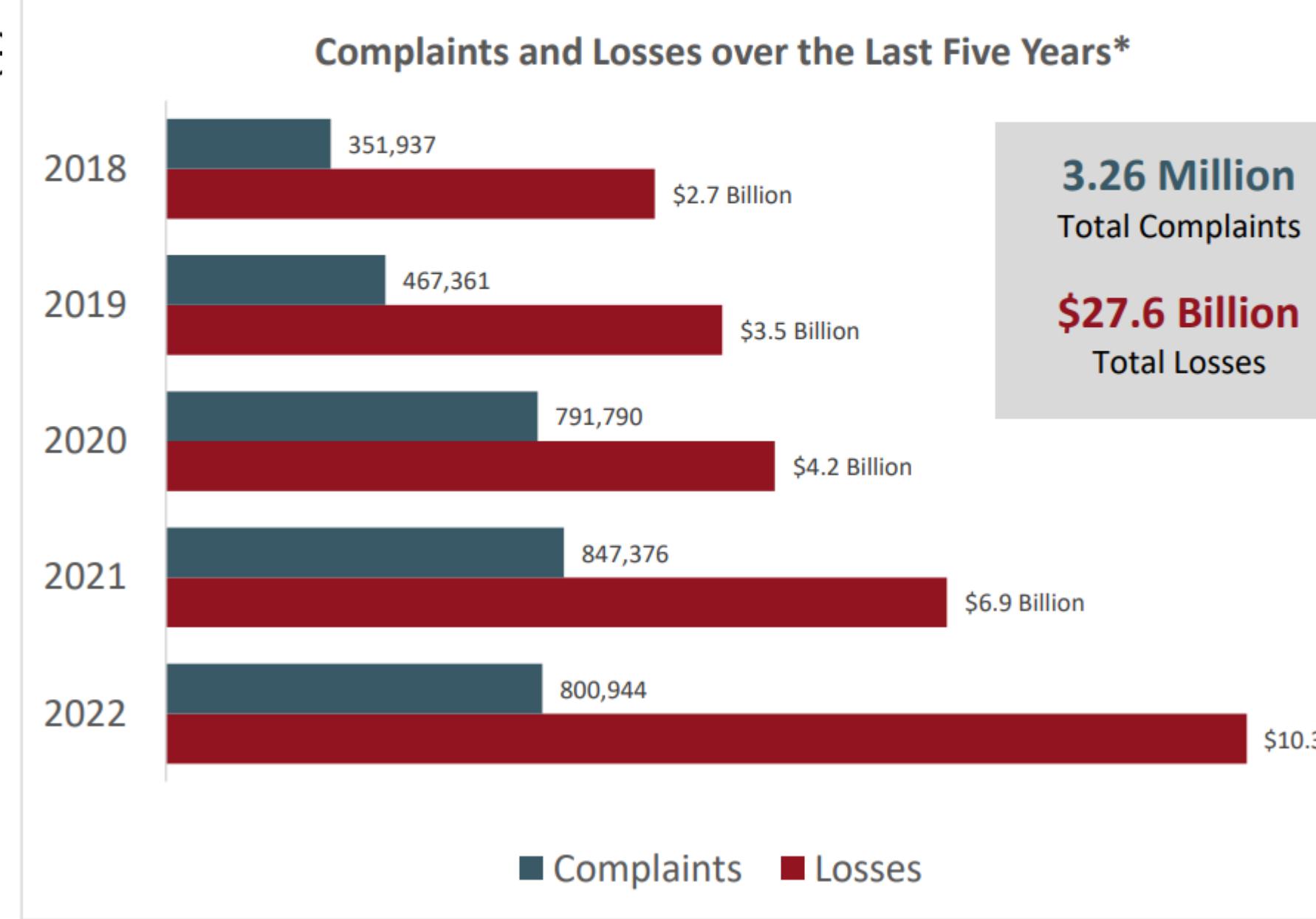
USD 4.45 million

The global average cost of a data breach in 2023 was USD 4.45 million, a 15% increase over 3 years.

IC3 COMPLAINT STATISTICS

LAST FIVE YEARS

Over the last five years, the IC3 has received an average of 652,000 complaints per year. These complaints address a wide array of Internet scams affecting victims across the globe.³



Cybercrime To Cost The World \$10.5 Trillion Annually By 2025

Every U.S. business is under cyberattack

November 18, 2020 11:03 ET | Source: INTRUSION Inc.

Follow

PLANO, Texas, Nov. 18, 2020 (GLOBE NEWSWIRE) --

Cybersecurity Ventures predicts global cybercrime costs will grow by 15 percent per year over the next five years, reaching

\$10.5 trillion USD annually by 2025, up from \$3 trillion USD in 2015. This prediction is part of a special report conducted by

Cybersecurity Ventures and sponsored by INTRUSION, Inc. (NASDAQ: INTZ).

A man in a dark suit and a tall black top hat stands on a rocky cliff edge, looking out over a vast, hazy landscape. The sky is filled with thick, orange and yellow smoke or fog, suggesting a fire or explosion. In the distance, a small town or city is visible through the haze. The overall atmosphere is one of desolation and destruction.

Some men just want to watch the
world burn!

Motivation

Small and medium Enterprises are targets



Top 3 Reasons Every Small Business Should Care About Cybersecurity

By: Mario DiM



the news right? Here are 3 reasons why small businesses should care about cybersecurity and how you can protect your small business.

Hackers Love Small Businesses

The facts are that the majority of cyber attacks target smaller companies and the reason is simple. They do, they don't make them a priority.

Easy Prey

Small businesses often neglect cybersecurity due to budgetary concerns. Many are unaware, don't know where to start, or don't have the time.

Out Of Business

If [when] a small business is hacked, there is a 50% chance [over 50%] that the business will never recover from lost productivity, reputation, and costs. The cost can be too great.



One alternative to using a text message would be apps on your phone (Google Authenticator and Authy are popular options) that generate unique codes that take the place of the text message.

The People Problem

Even if your IT systems are protected with adequate cybersecurity measures, there is one gaping hole in most security plans and that is your people. Hackers love to exploit this. Your employees. They are easy to trick into clicking something they shouldn't or even providing information over the phone or in-person that is confidential.

What To Do

Train your employees using a regular system of security awareness training. The plan should also include a way to test phish (sending them fake phishing emails to see who your "clickers" are) your people. Good systems of training are fun, easy to learn, and constantly updated over time to adapt to current trends. KnowBe4 is a great place to start and offers all the above and more to train your people.

A dramatic photograph showing the silhouettes of two individuals standing on a balcony or ledge. They are holding a long-barreled rifle, pointing it towards a massive, intense fire that engulfs a building in the background. The scene is bathed in the bright orange and yellow light of the flames, creating a stark contrast with the dark silhouettes.

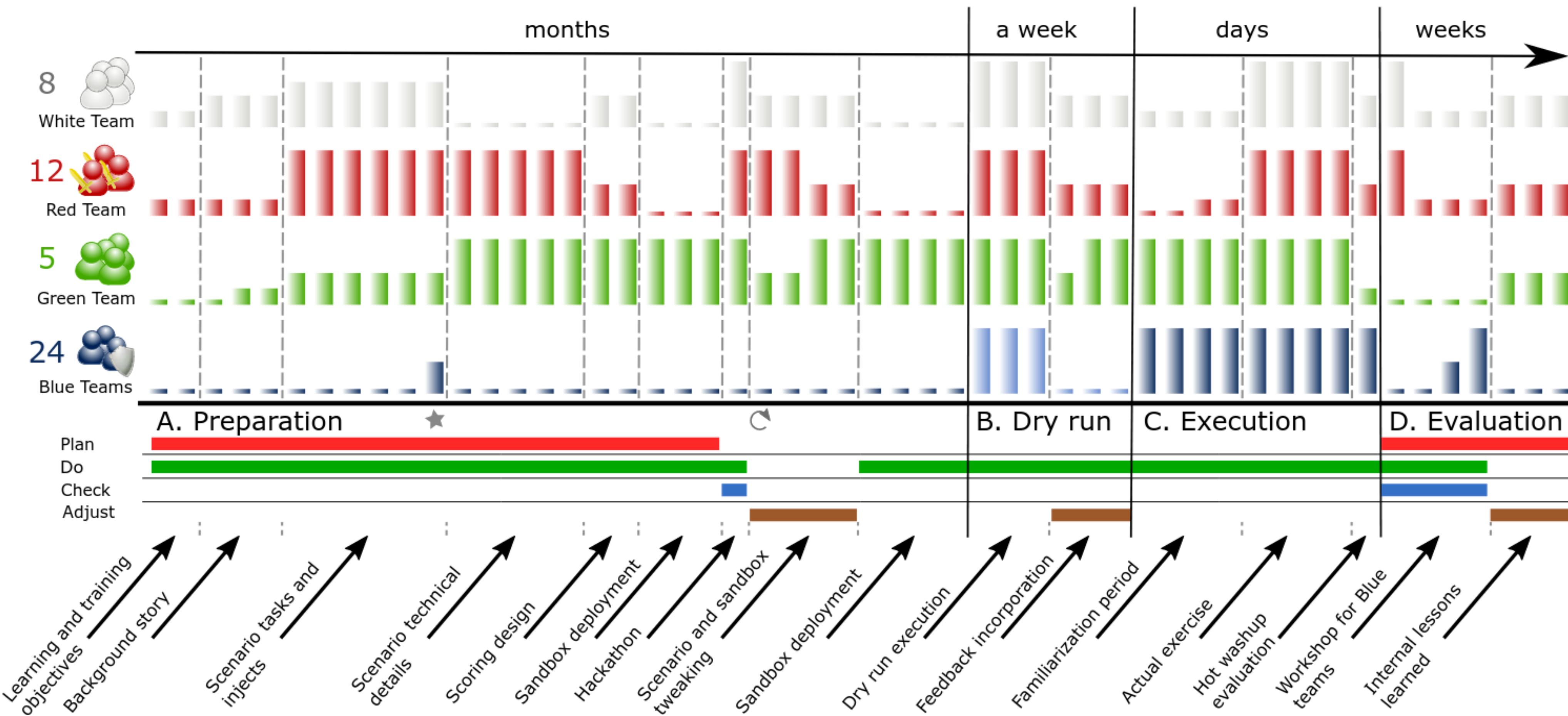
We need to train people to fight cyber arsonist

Physical Environment for Capabilities Training and Testing



Motivation

Cyber security training and exercises are costly



What is a Cyber Range?

"A cyber range is a platform for the development, delivery and use of interactive simulation/**emulation** environments. A simulation/**emulation** environment is a **representation of an organisation's** ICT, OT, mobile and physical systems, applications and infrastructures, including the **simulation of attacks, users and their activities** and of any other Internet, public or third-party services which the simulated environment may depend upon. A cyber range includes a combination of core technologies for the realisation and use of the simulation/**emulation** environment and of additional components which are, in turn, desirable or required for achieving specific cyber range use cases."

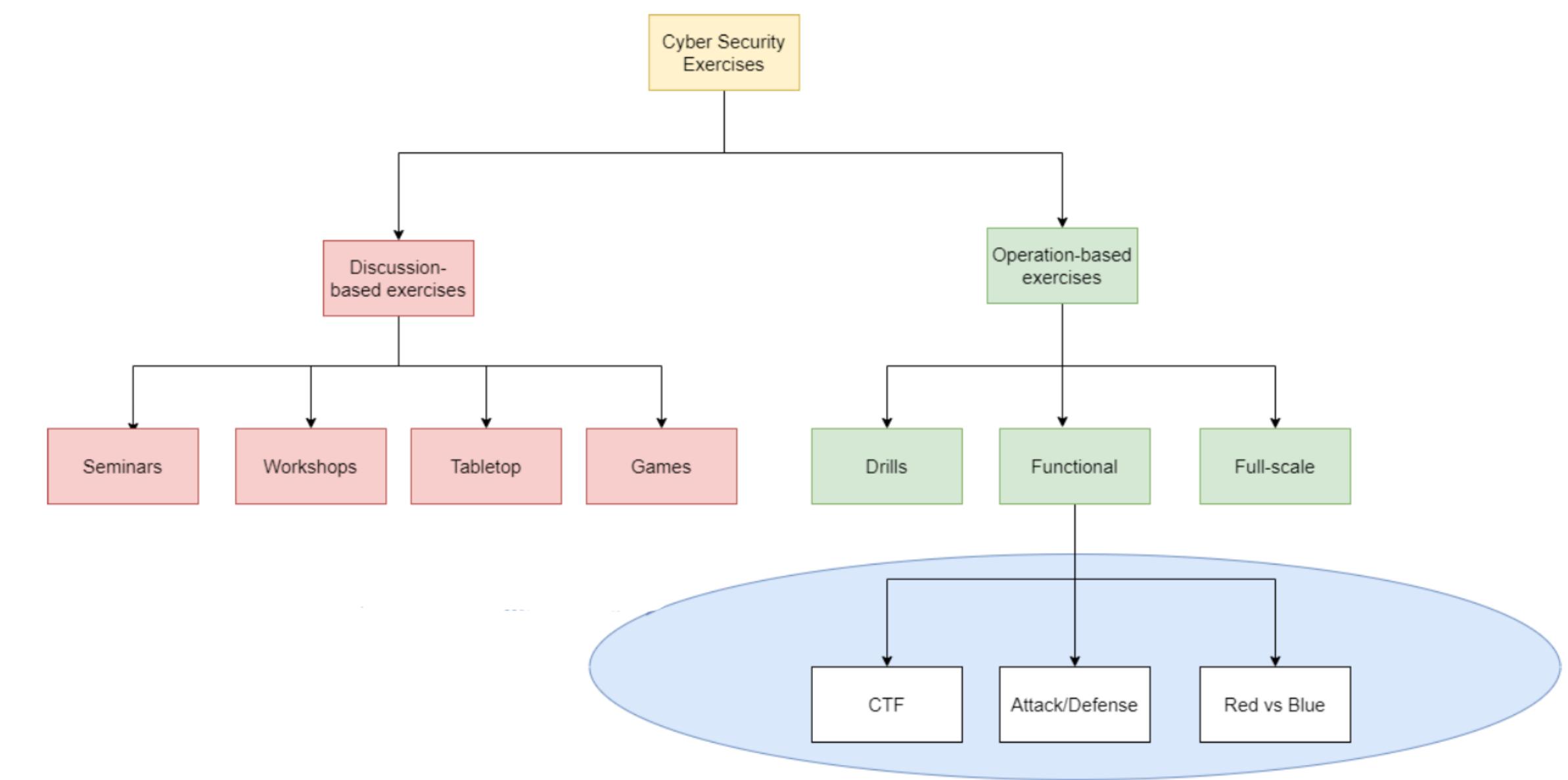
What is a Cyber Range?

Cyber range use cases

- Competence building
- Security education
- Competence assessment
- Security testing
- Security research
- Development of cyber capabilities and resilience

Cyber Security Exercises

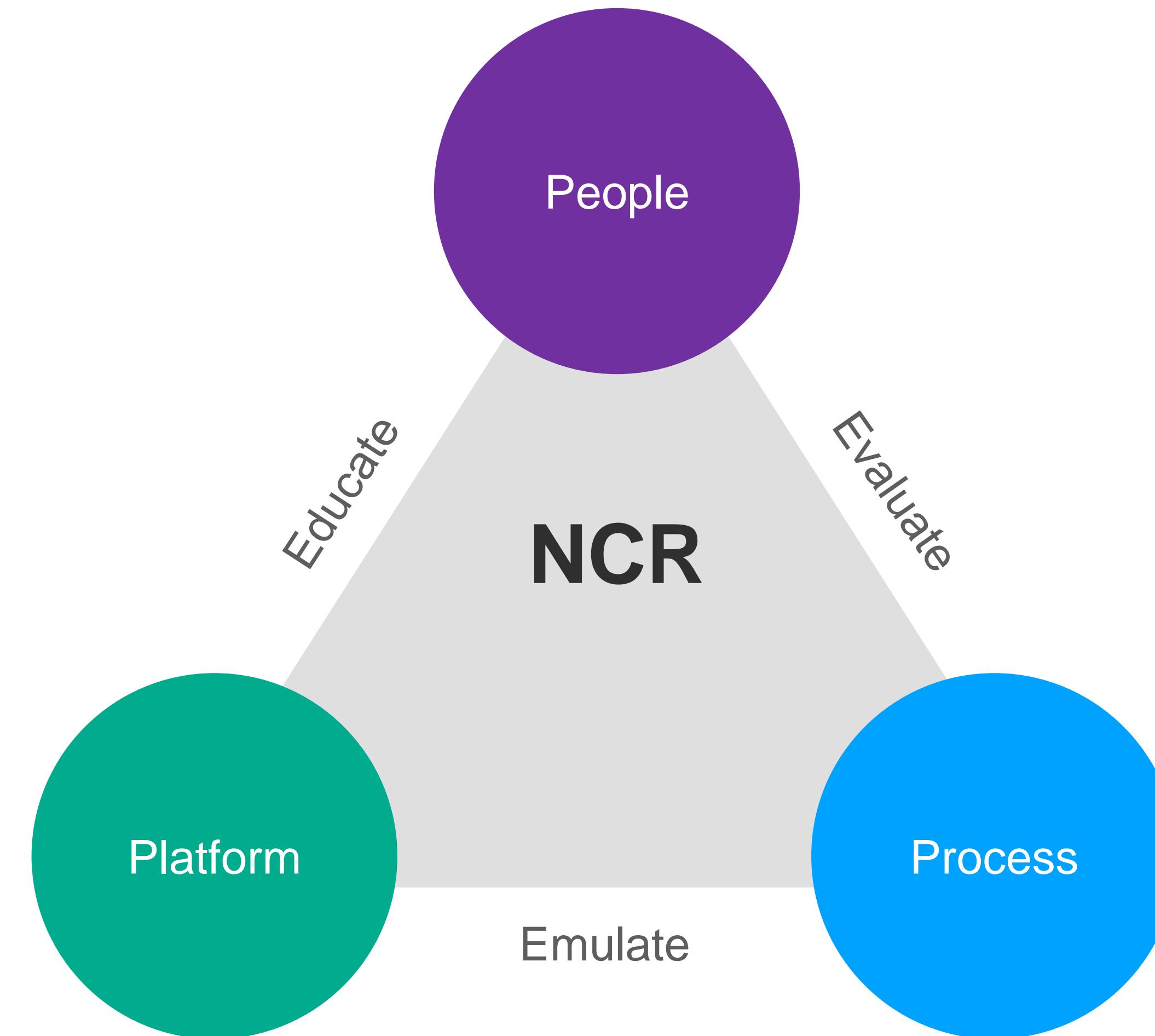
Types of cyber security exercises



Introduction to Cyber Exercises, National Cyber Security,
Division Cyber Exercise Program, DHS, 2003.

Yamin, M. M. (2022). Modelling and analyzing attack-defense scenarios for
cyber-ranges.

The Norwegian Cyber Range



People

People

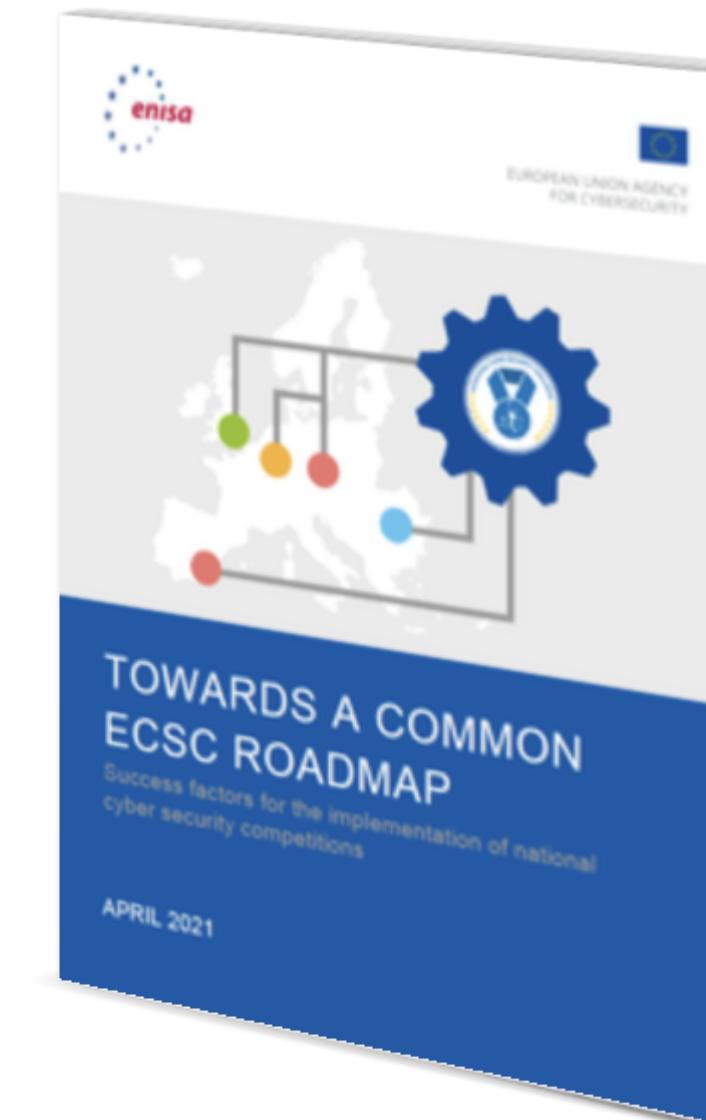
Addressing cyber security skill shortage through CTF competitions

Towards a Common ECSC roadmap

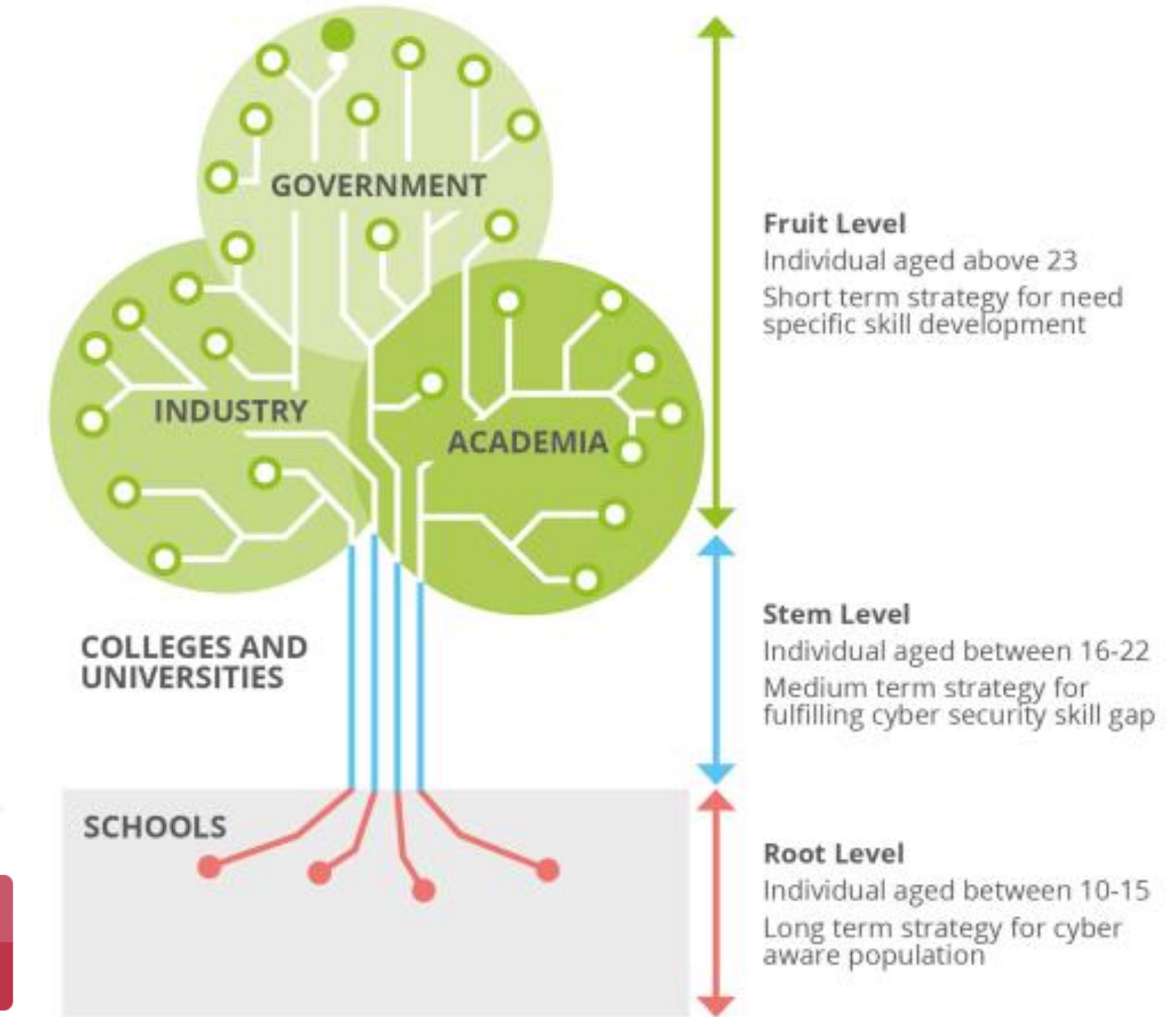
This report aimed to identify the key factors enabling the success of a national cybersecurity competition and to give a snapshot of the current situation in the EU and ECSC partner countries. To do that, we conducted a dozen of interviews with national and EU experts, searched and reviewed the relevant scientific literature and collected data on these key enabling factors with a survey, which was filled by 90% of the countries attending the ECSC. This was done to provide preliminary insights and a discussion platform to determine a common ECSC roadmap.

Published
Language

April 12, 2021
English



Download
PDF document, 1.84 MB



People

Nourishing active CTF communities in Gjovik and Trondhiem

System Security Research Group
Playground

S2G

System Security | Research group

PLAYGROUND

General

We invite all students from NTNU to take part in our regular S2G Playground events:

- S2G CTF (Capture The Flag events),
- S2G Hackathon,
- S2G ST (Security Testing).

Next Playground

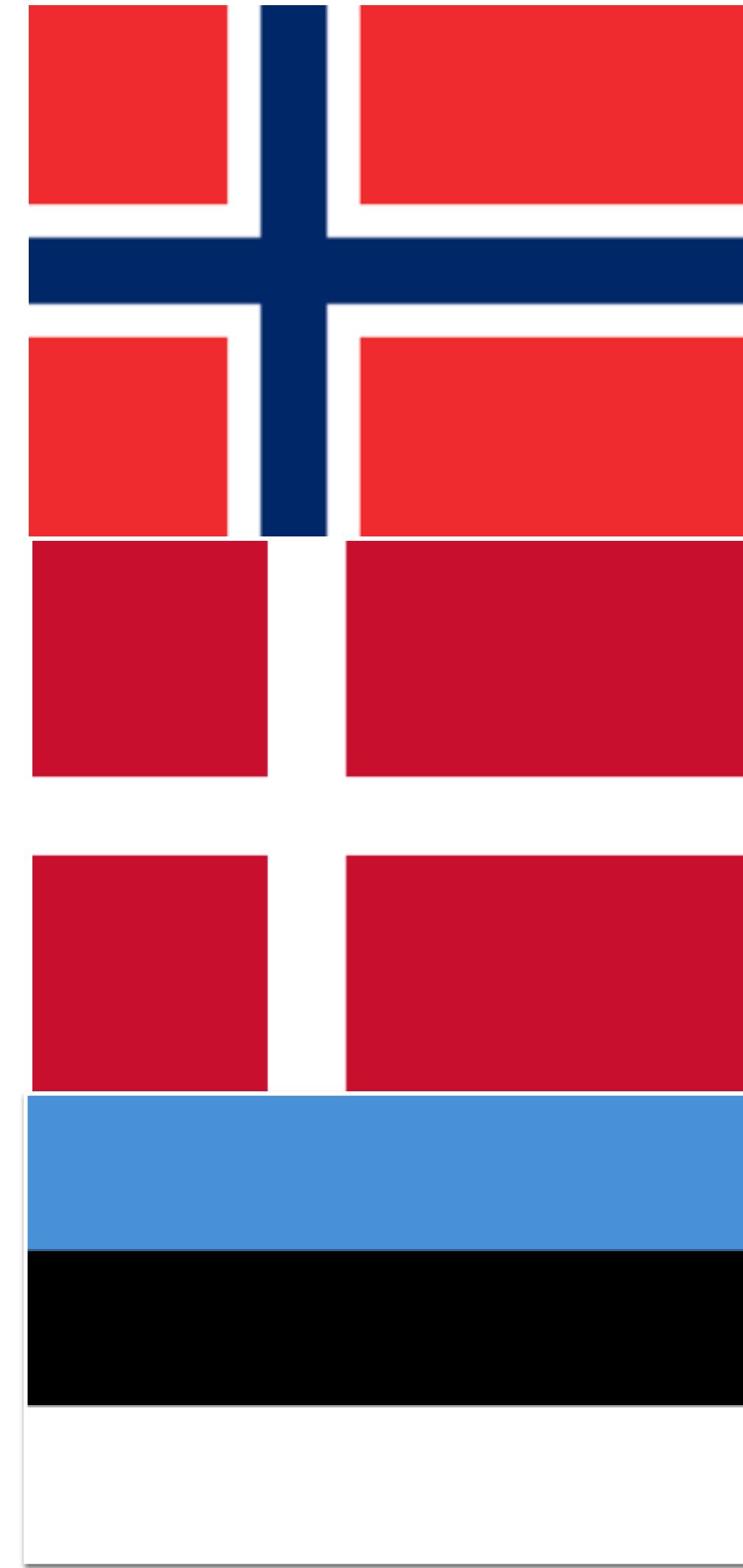
CTF on 16 of November from 16:15 online in the
Teams/Discord channels and physically in Room
S410 [Register here](#) if coming on campus

[Join S2G Playground Event](#)



People

Responsible for selecting and training National Cyber security team of Norway



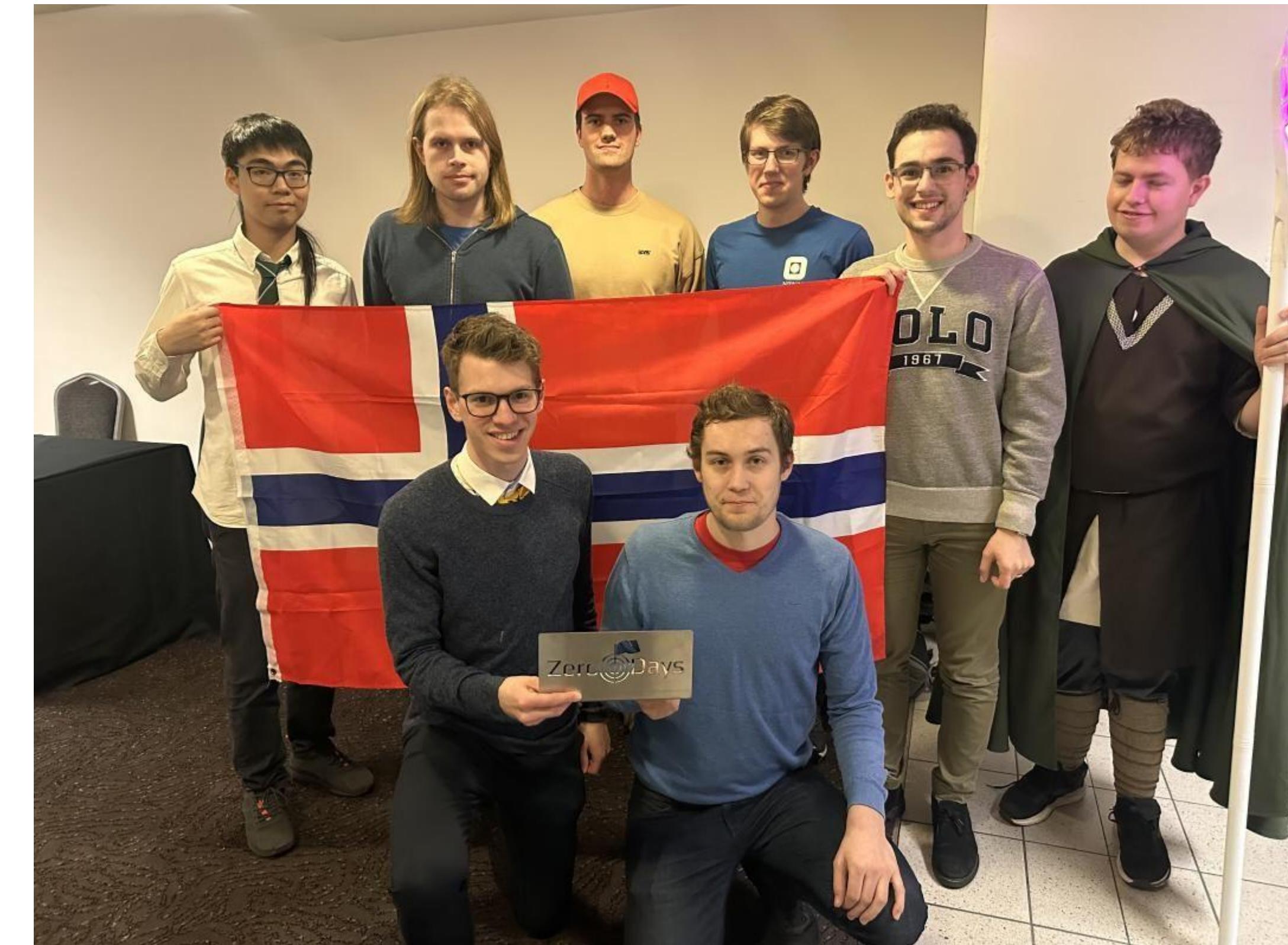
People

Dream:Nordic Baltic Cyber Summer Camp



People

Participating in different national and International competitions



Process

Process

Cyber Security Exercise Lifecycle



Computers & Security
Volume 116, May 2022, 102635

TC 11 Briefing Papers

Modeling and executing cyber security exercise scenarios in cyber ranges

Muhammad Mudassar Yamin, Basel Katt

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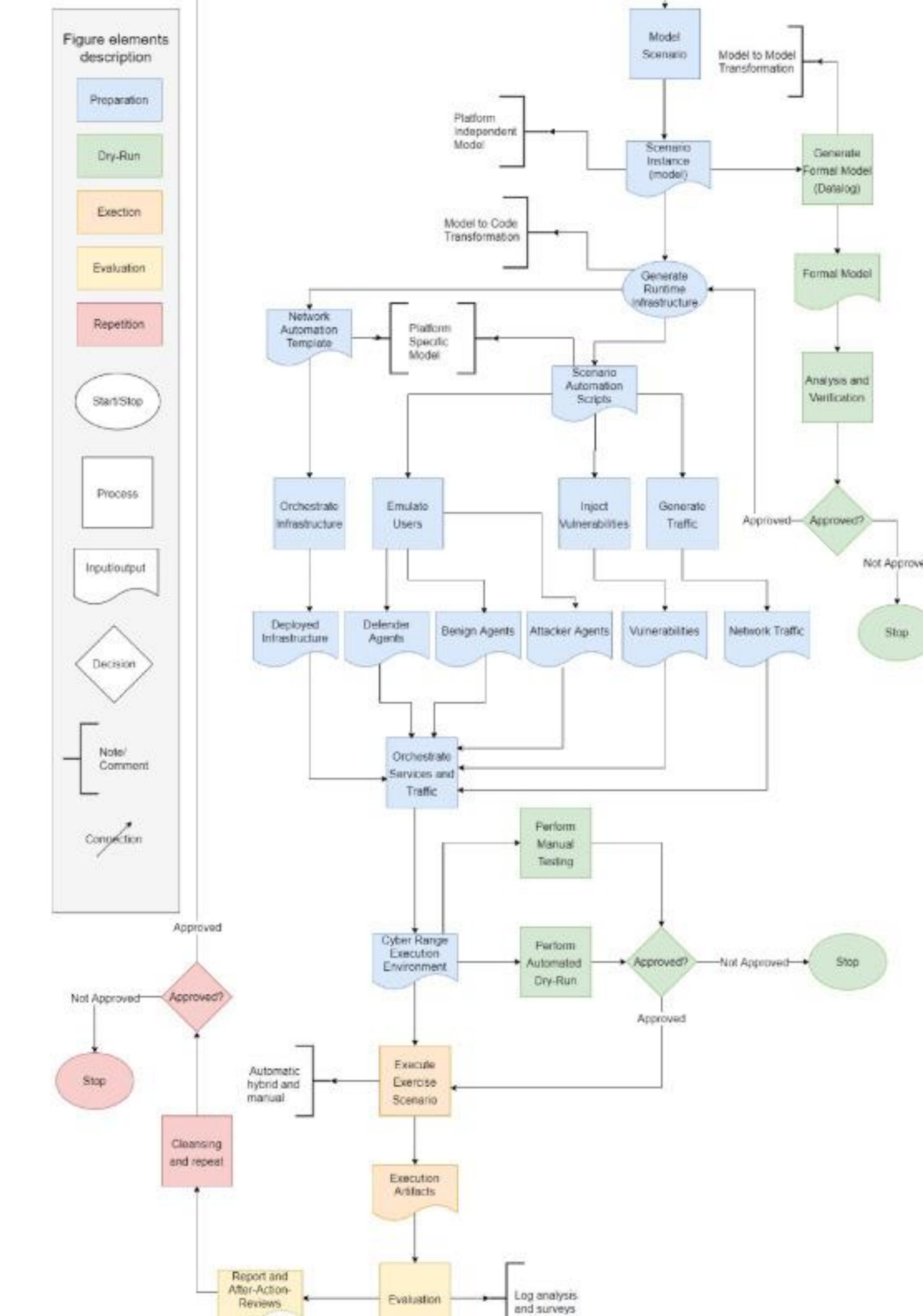
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<https://doi.org/10.1016/j.cose.2022.102635>

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Abstract

The skill shortage in global cybersecurity is a well-known problem; to overcome this issue, cyber ranges have been developed. These ranges provide a platform for conducting cybersecurity exercises; however, conducting such exercises is a complex process because they involve people with different skill sets for the scenario modeling, infrastructure preparation, dry run, execution, and evaluation. This process is very complex and inefficient in terms of time and resources. Moreover, the exercise infrastructure created in current cyber ranges does not reflect the dynamic environment of real-world systems and does not provide adaptability for changing requirements. To tackle these issues, we developed a system that can automate many tasks of the cybersecurity exercise life cycle. We used model-driven approaches to (1) model the roles of the different teams present in the cybersecurity exercises and (2) generate automation artifacts to execute their functions efficiently.



Process

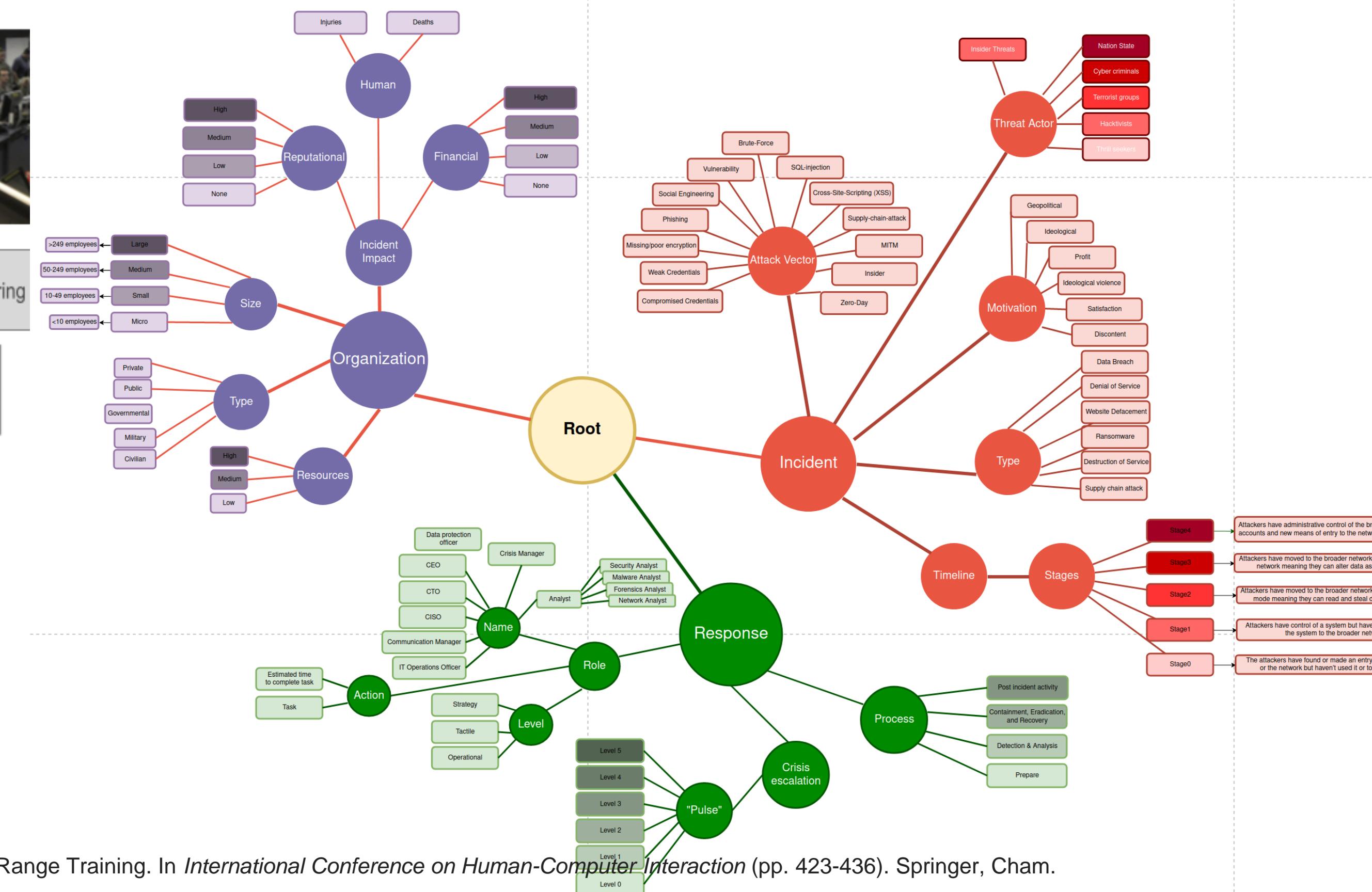
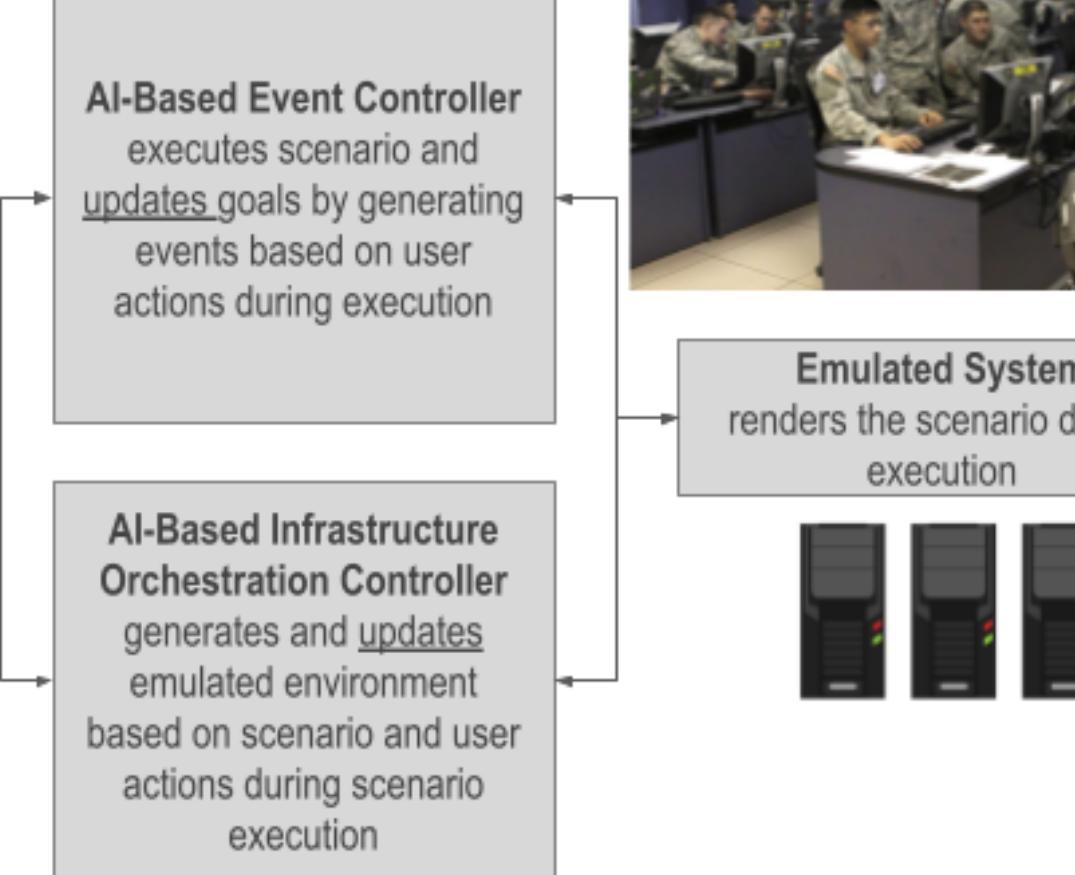
ASCERT:AI-Based Scenario Management for Cyber Range Training



Scenario Design Frontend
supports skill-centered scenario design on and across strategic, tactical and operational levels

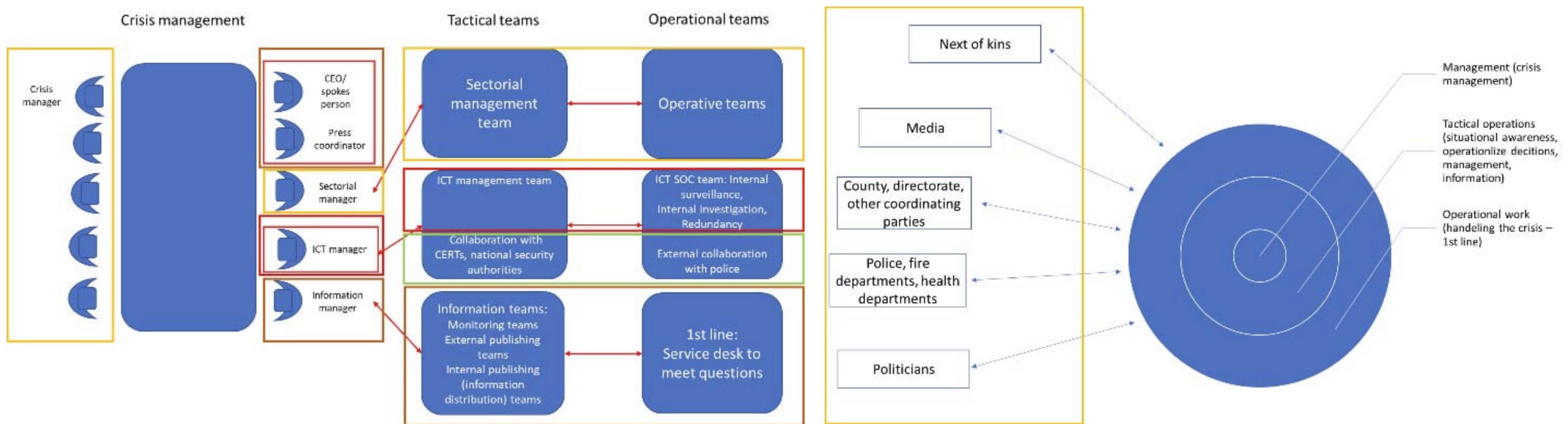
AI-Based Scenario Planner and Reasoner
computes relevant plays through a scenario and their skill-centered goal metrics

Graphical representation in Attack-Defence Trees
Logical representation in Formal Argumentation Theory and Answer Set Programming



Process

Cyber Crisis Management



Platform

Platform

Cyber range ontology



Computers & Security
Volume 88, January 2020, 101636

Cyber ranges and security testbeds: Scenarios, functions, tools and architecture

Muhammad Mudassar Yamin, Basel Katt, Vasileios Gkioulos

Show more ▾

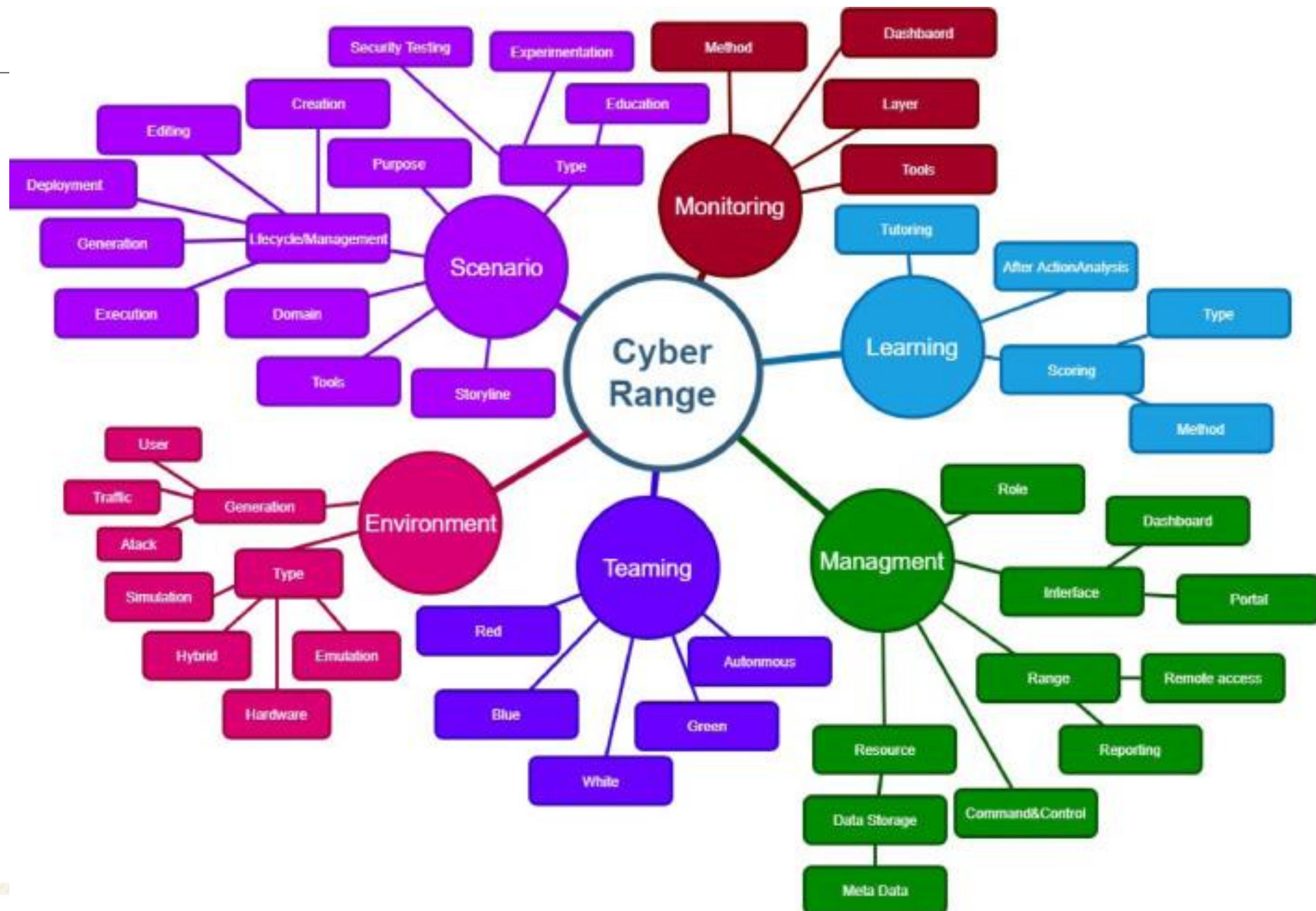
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<https://doi.org/10.1016/j.cose.2019.101636>

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Abstract

The first line of defense against cyber threats and cyber crimes is to be aware and get ready, e.g., through cyber security training. Training can have two forms, the first is directed towards security professionals and aims at improving understanding of the latest threats and increasing skill levels in defending and mitigating against them. The second form of training, which used to attract less attention, aims at increasing cyber security awareness among non-security professionals and the general public. Conducting such training programs requires dedicated testbeds and infrastructures that help realizing and executing the training scenarios and provide a playground for the trainees. A *cyber range* is an environment that aims at providing such testbeds. The purpose of this paper is to study the concept of a cyber range, and provide a systematic literature review that covers unclassified cyber ranges and security testbeds. In this study we develop a taxonomy for cyber range systems and evaluate the current literature focusing on architecture and scenarios, but including



Platform

Norwegian Cyber Range Operational Exercise Orchestrator



Computers & Security
Volume 116, May 2022, 102635

TC 11 Briefing Papers

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Muhammad Mudassar Yamin, Basel Katt

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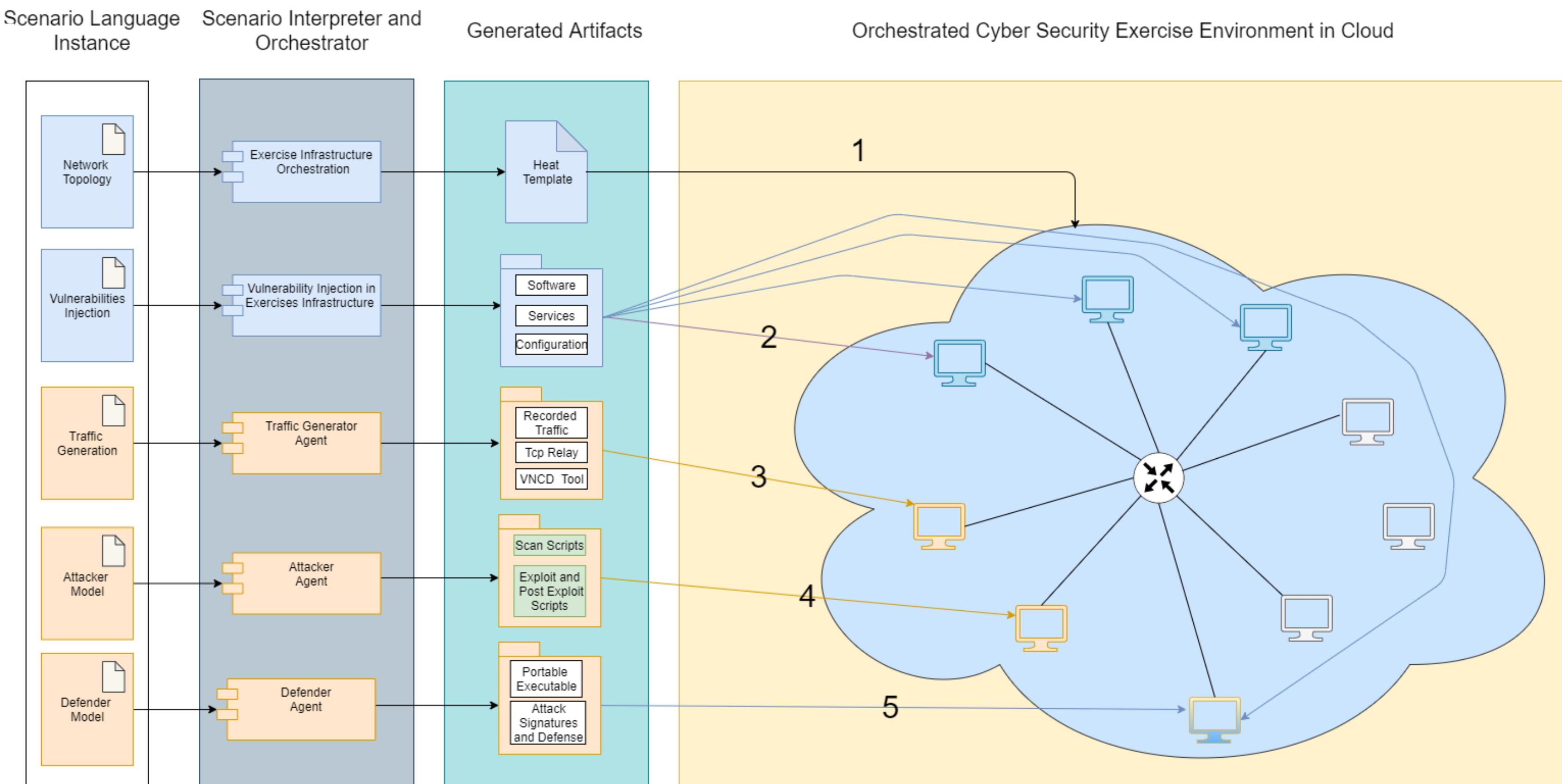
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Abstract

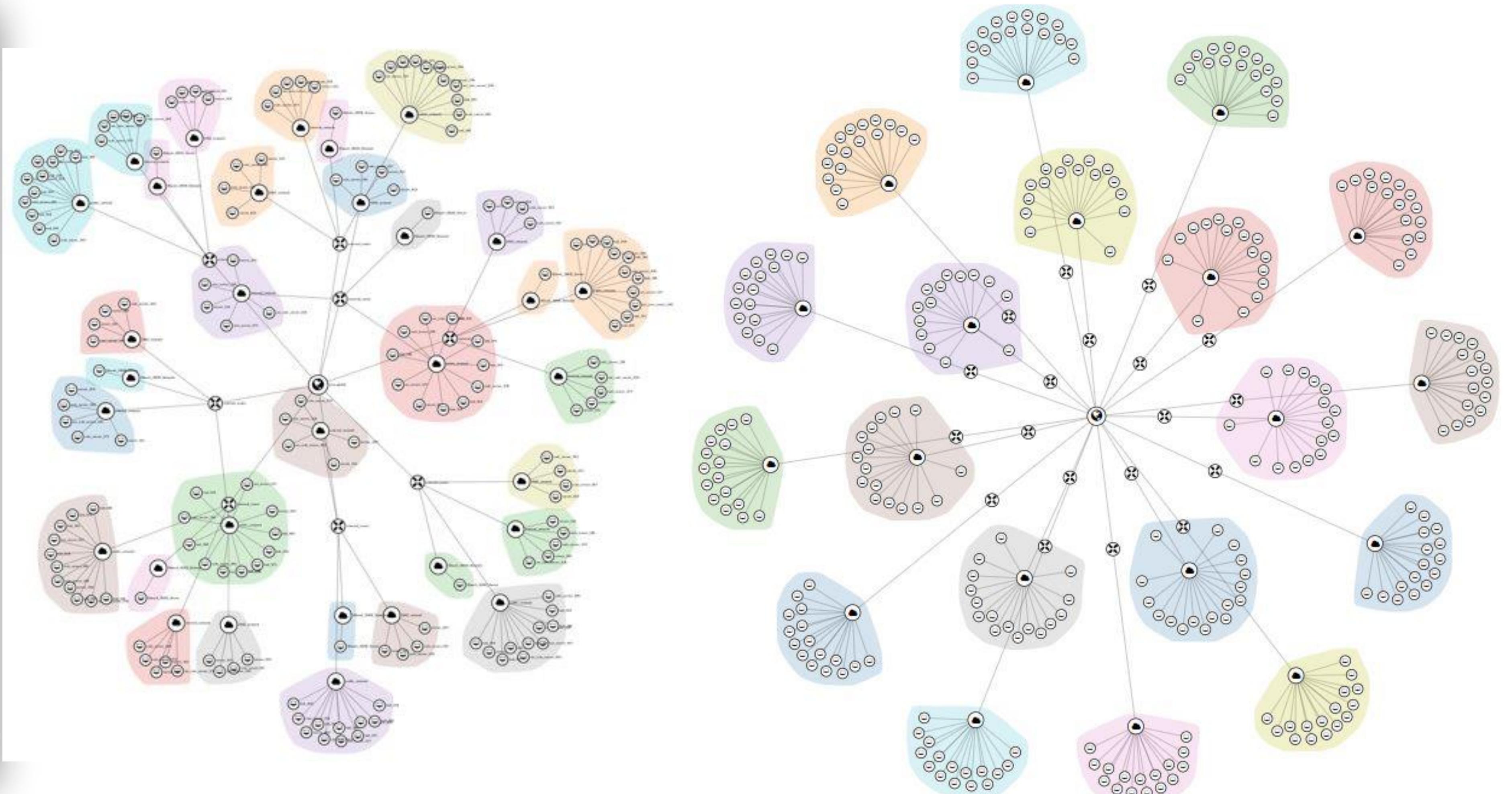
The skill shortage in global cybersecurity is a well-known problem; to overcome this issue, cyber ranges have been developed. These ranges provide a platform for conducting cybersecurity exercises; however, conducting such exercises is a complex process because they involve people with different skill sets for the scenario modeling, infrastructure preparation, dry run, execution, and evaluation. This process is very complex and inefficient in terms of time and resources. Moreover, the exercise infrastructure created in current cyber ranges does not reflect the dynamic environment of real-world systems and does not provide adaptability for changing requirements. To tackle these issues, we developed a system that can automate many tasks of the cybersecurity exercise life cycle. We used model-driven approaches to (1) model the roles of the different teams present in the cybersecurity exercises and (2) generate automation artifacts to execute their functions efficiently.



Platform

Operational Cyber Security exercises Infrastructure

```
scenario:  
  name: iceland  
  description: iceland exercies  
  start: 2022-03-16  
  end: 2022-03-31  
  infrastructure:  
    - public_network:  
        kali: 6  
        server: 2  
        vulnerable_server: 3  
        vulnerabilities:  
          - sqli  
          - xss  
          - rce  
          - ftp_brute_force  
          - buffer_overflow  
    - mz_network:  
        server: 2  
        vulnerable_server: 2  
        vulnerabilities:  
          - sqli  
          - xss  
          - rce  
          - ftp_brute_force  
          - buffer_overflow  
    - internal_network:  
        server: 3  
        vulnerable_server: 2  
        vulnerabilities:  
          - sqli  
          - xss  
          - rce  
          - ftp_brute_force  
          - buffer_overflow  
    - siem_network: true  
    - Attacker network: true
```



Platform

Operational Cyber Security exercises Infrastructure



Computers & Security
Volume 122, November 2022, 102892

Use of cyber attack and defense agents in cyber ranges: A case study

Muhammad Mudassar Yamin, Basel Katt

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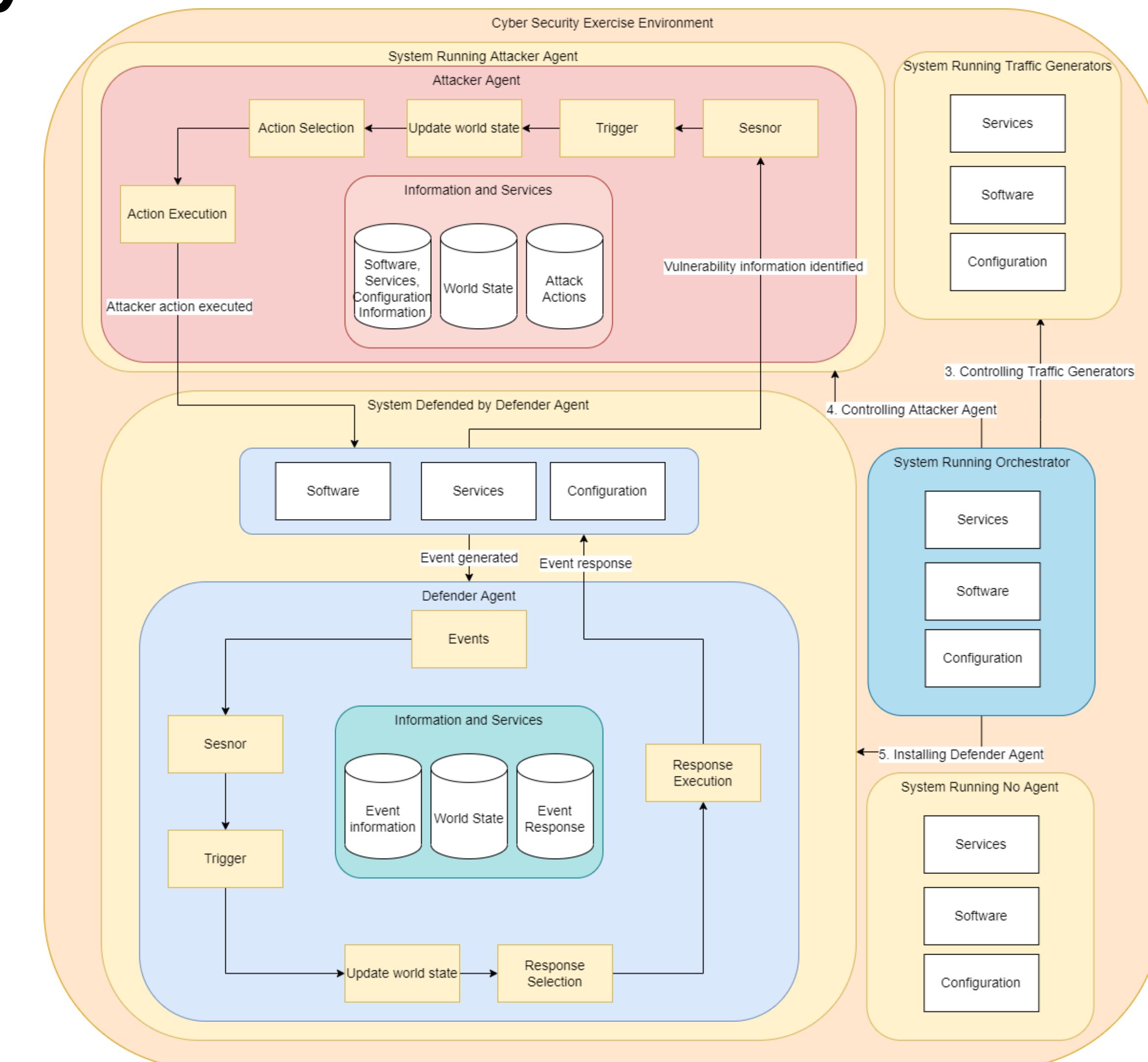
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<https://doi.org/10.1016/j.cose.2022.102892>

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Abstract

With the ever-changing cybersecurity landscape, the need for a continuous training for new cybersecurity skill sets is a requirement. Such continuous training programs can be delivered on platforms like cyber ranges. Cyber ranges support training by providing a simulated or emulated representation of a computer network infrastructure, besides additional training and testing services. Cyber attack and defense skills can be gained by attacking and defending a simulated or an emulated infrastructure. However, to provide a realistic training in such infrastructures, there is a need for necessary friction in the environment. Human teams, playing both attackers' and defenders' roles, provide this friction. Involving human teams in large-scale cybersecurity exercises is relatively inefficient and not feasible for standardizing training because different teams apply different tactics. Currently, the proposed solutions for cyber range training platforms focus on automating the deployment of the cybersecurity exercise infrastructure but not on the execution part. This leaves a room for improving exercise execution by adding realism and efficiency. This research presents an agent-based system that emulates cyber attack and defense actions during cybersecurity exercise execution; this helps provide realistic and efficient cybersecurity training. To specify agents' behavior and



Platform

Operational Cyber Security exercises Infrastructure



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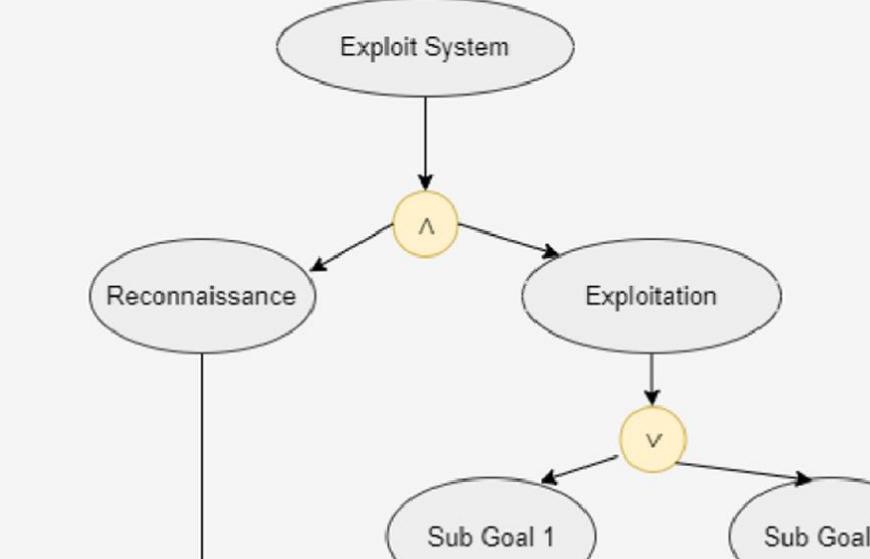
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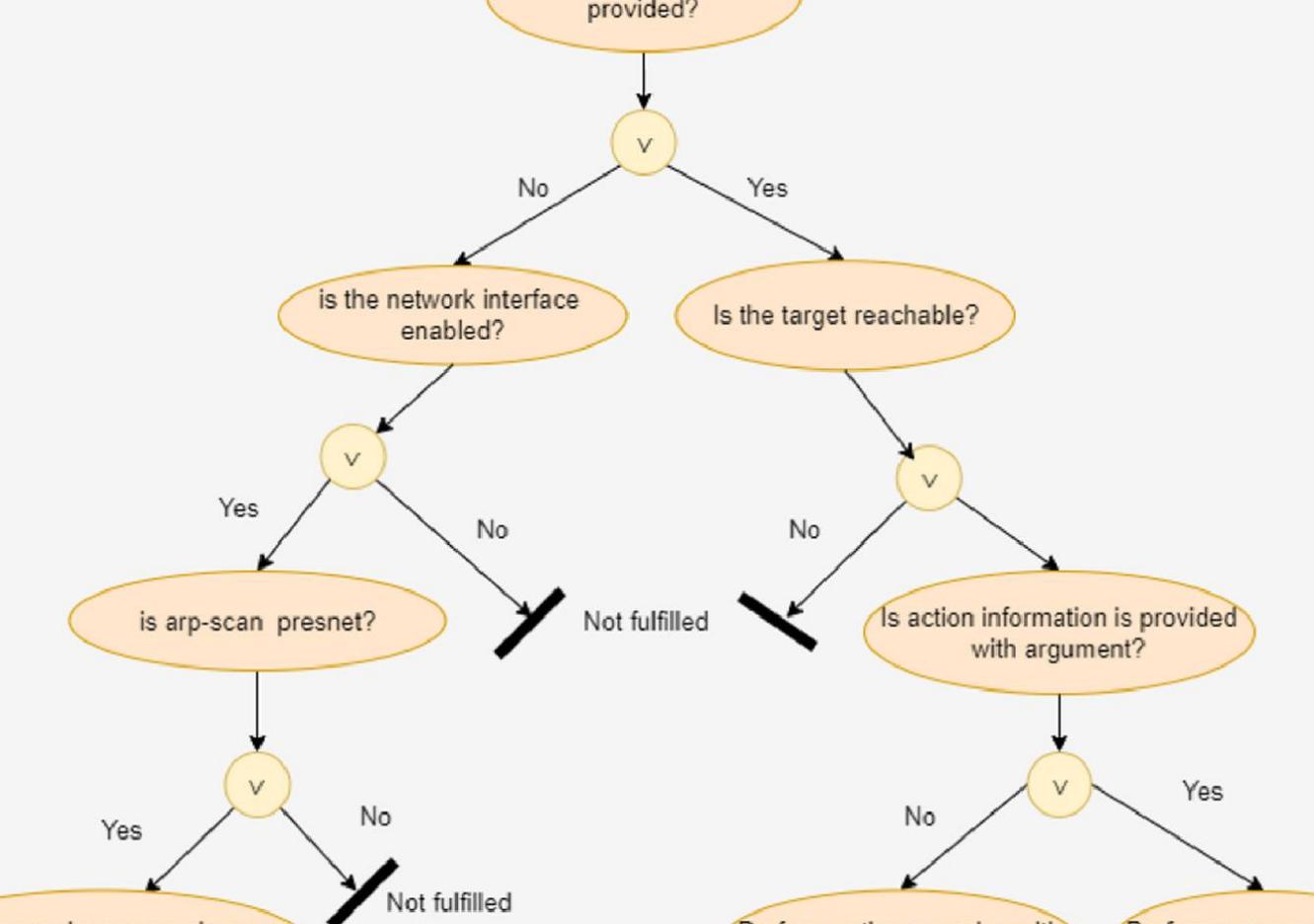
Level 1

Attack agent EP



Level 2

Is the target information is provided?



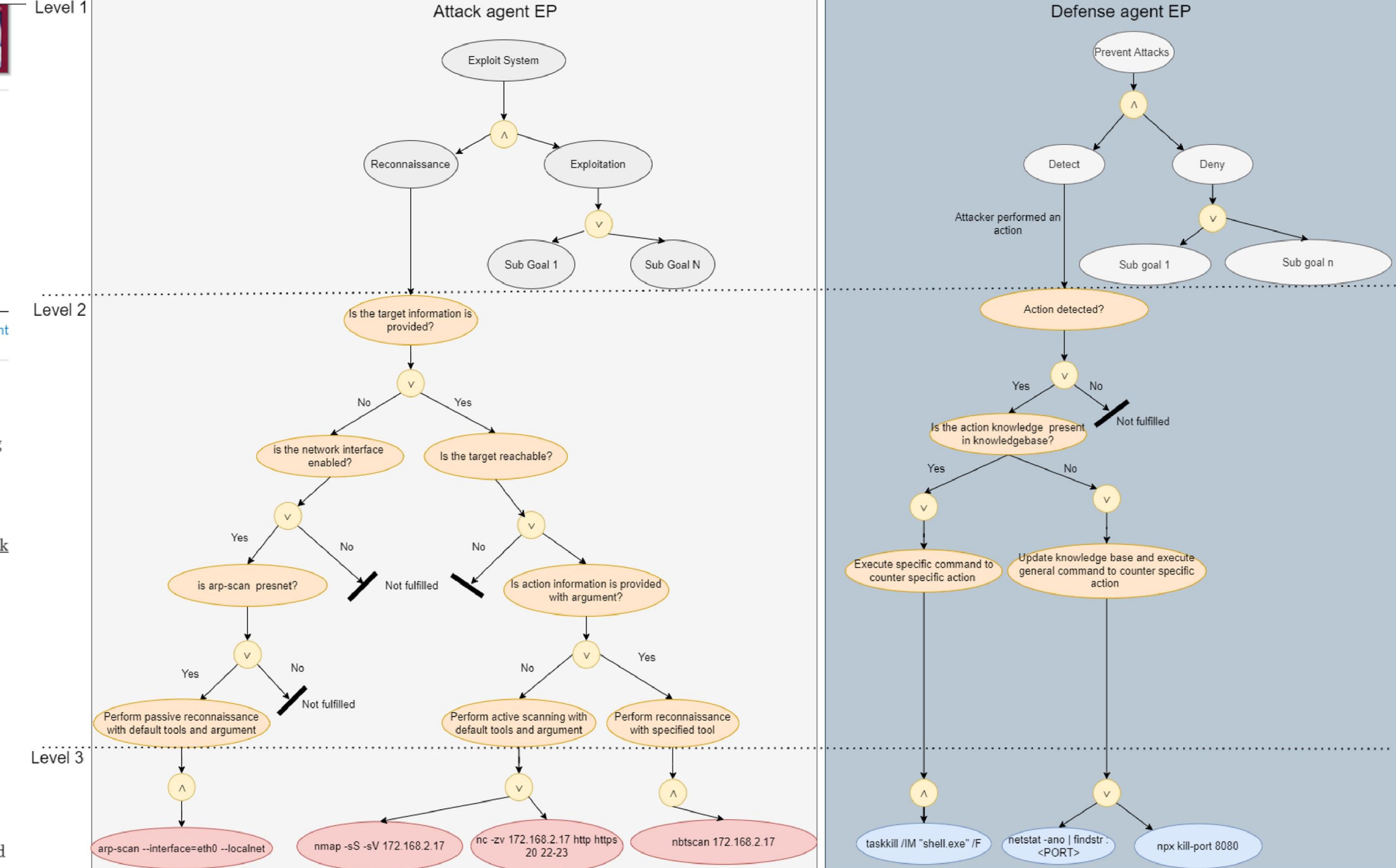
Level 3

arp-scan --interface=eth0 --localnet

nmap -sS -sV 172.168.2.17

nc -zv 172.168.2.17 http https 20 22-23

nbtscan 172.168.2.17



Open Cyber Range

TRL7 Professional Artifact

Home > Overview

What is OCR?

The Open Cyber Range (OCR) is project conducted by CR14, NTNU and TalTech and funded by Norway Grants and EAS. This project consists of cyber exercise platform hosted by the CR14 and a software development effort made to create a new standard for describing and conducting cyber exercises. The following documentation covers the latter part. It covers functionalities of the developed tool-set, instructions on how to use them and guides for setting up similar toolchain.

The **Open Cyber Range software** consists of 3 main components:

- **SDL** - a.k.a. Scenario Definition Language allows to describe different aspects of a cyber exercise in a file format. Language designed by a research group inside NTNU is implemented into software by a language parser project. This parser is used in other components to integrate the SDL as the central part of the OCR software.
- **Deputy** - is a digital library for cyber exercise artifacts. While SDL allows to describe the exercise scenario in a single file, cyber exercises might be made up of thousands of large and repeatable artifacts. Deputy allows to store such artifacts and reuse them across the exercises. This reduces the load for storage resources and more importantly allows easy reusability to save exercise administrator time and money.
- **Ranger** - is a management application that serves a single gateway for the users of the OCR software. It offers three roles for users: exercise participant, exercise manager and exercise client. It takes of full the business process cycle. From the initial exercise request to deploying it into the virtualized environment up to recognizing learning objectives with the exercise participants.

Home > SDL > Example Script

SDL Example Script

An example script of a full exercise containing all SDL building blocks.

```
name: example-sdl
stories:
  story-1:
    speed: 1
    description: "This is a story for the general user in the scenario"
    scripts:
      - script-1
  story-2:
    speed: 1
    description: "This is a story for the developer in the scenario"
    scripts:
      - script-2
  story-3:
    speed: 1
    description: "This is a story for the red team in the scenario"
    scripts:
      - script-3

scripts:
  #General user
  script-1:
    description: "Imitates the daily activities of general use"
    start-time: 0
    end-time: 10 hour
    speed: 1
```

Open Cyber Range

Most Important Technical Collaboration Project Between Norway and Estonia

 CR14
2,040 followers
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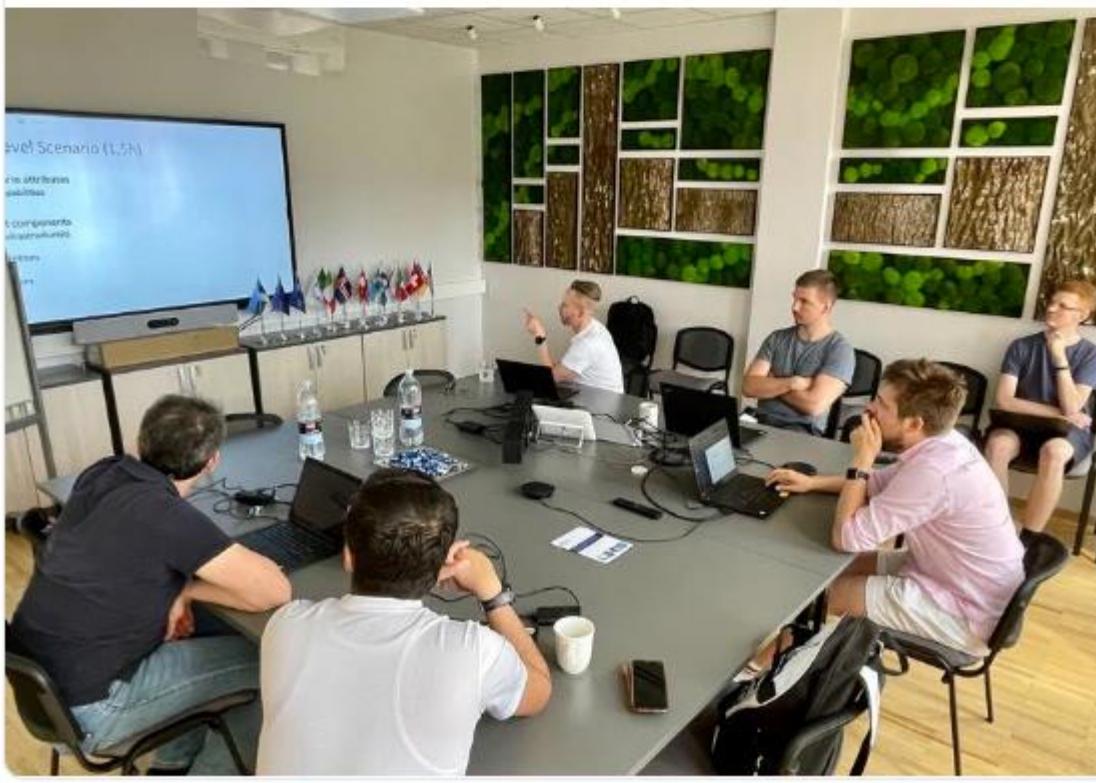
This week, we welcome Open Cyber Range (#OCR) partners in #CR14: Kaitseministeerium / Ministry of Defence of Estonia, TalTech – Tallinn University of Technology and the Norwegian University of Science and Technology (NTNU). "During this get-together, we aim to create a standard in order to share exercises-as-code between Cyber Ranges," highlighted Kaarel Allemann, Software Development Lead for OCR, one of the goals. "A lot can be done online, but nothing beats a face-to-face meeting every now and then", he added.

OCR project aims to develop cyber security thinking in private companies and the education sector. Within 3 years, our team will:

- create a platform for (new) cybersecurity companies to develop, test and validate their innovative products,
- create a launch pad for new products to emerge into the market,
- promote security thinking in the private sector and
- support cyber security education activities.

⌚ Stay tuned for future updates and be ready to test your new products already in late autumn!

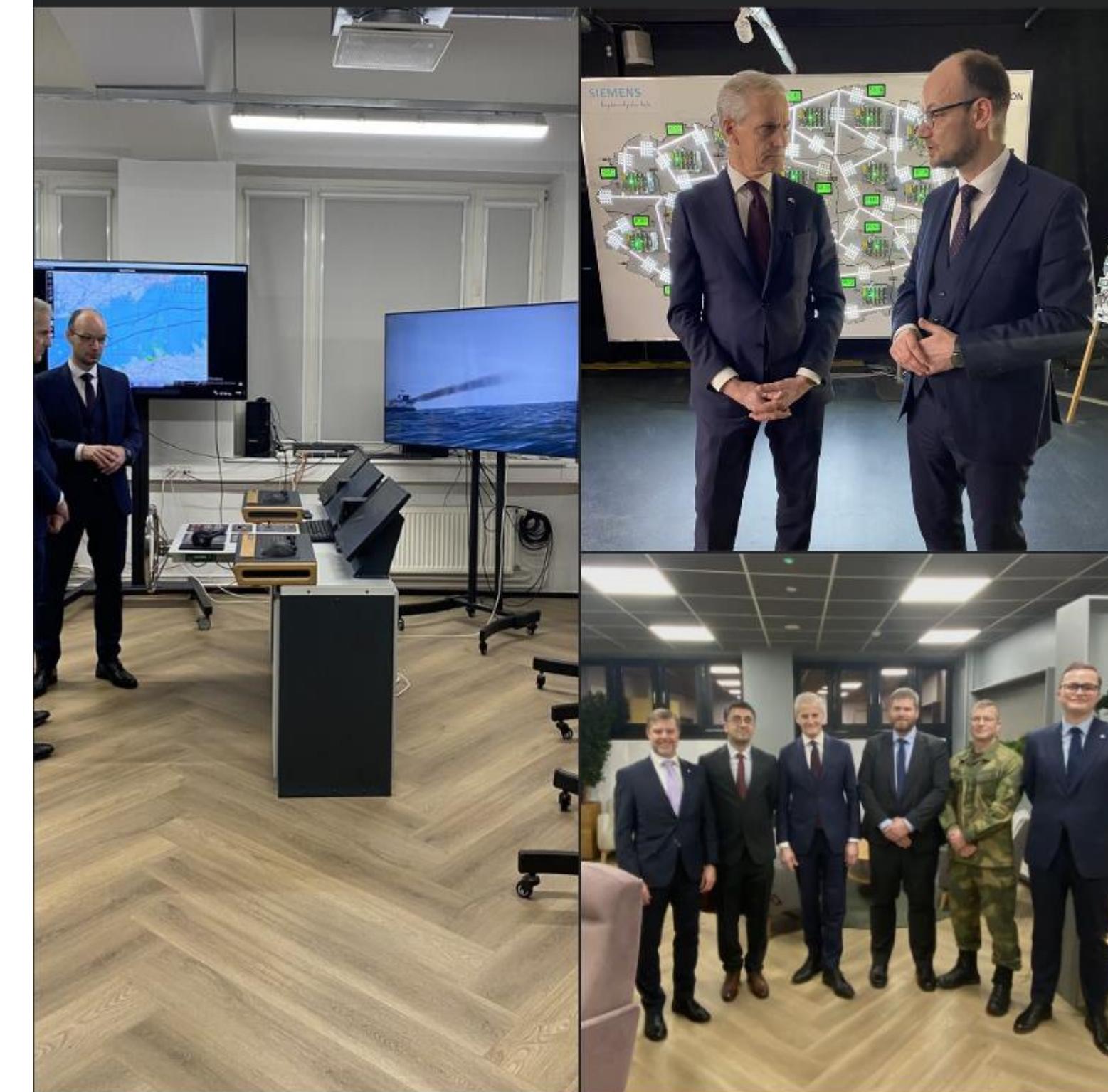
#GreenICTprogramme #NCR #opencyberrange #cyberrange #cybersecurity



 Norwegian Embassy in Tallinn •
24 November 2023 • 

Kuna nii Norra kui ka Eesti on mõlemad väga digitaliseeritud ühiskonnad ning küberturvalisus on mõlema riigi jaoks oluline, siis oli CR14 külalust loogiline osa programmist. Cyber Range #CR14 kutsutakse küberharjutusväljade multiversumiks. CR14 on Kaitseministeeriumi asutatud sihtasetus, kus saab oma küberteadmisi testida ja õppuseid korraldada. Oleme uhked, et ka Norra toetusega ja koostöös Norra teadus- ja tehnikaülikooliga NTNU on arendatud avatud küberharjutusväli Open Cy... See more

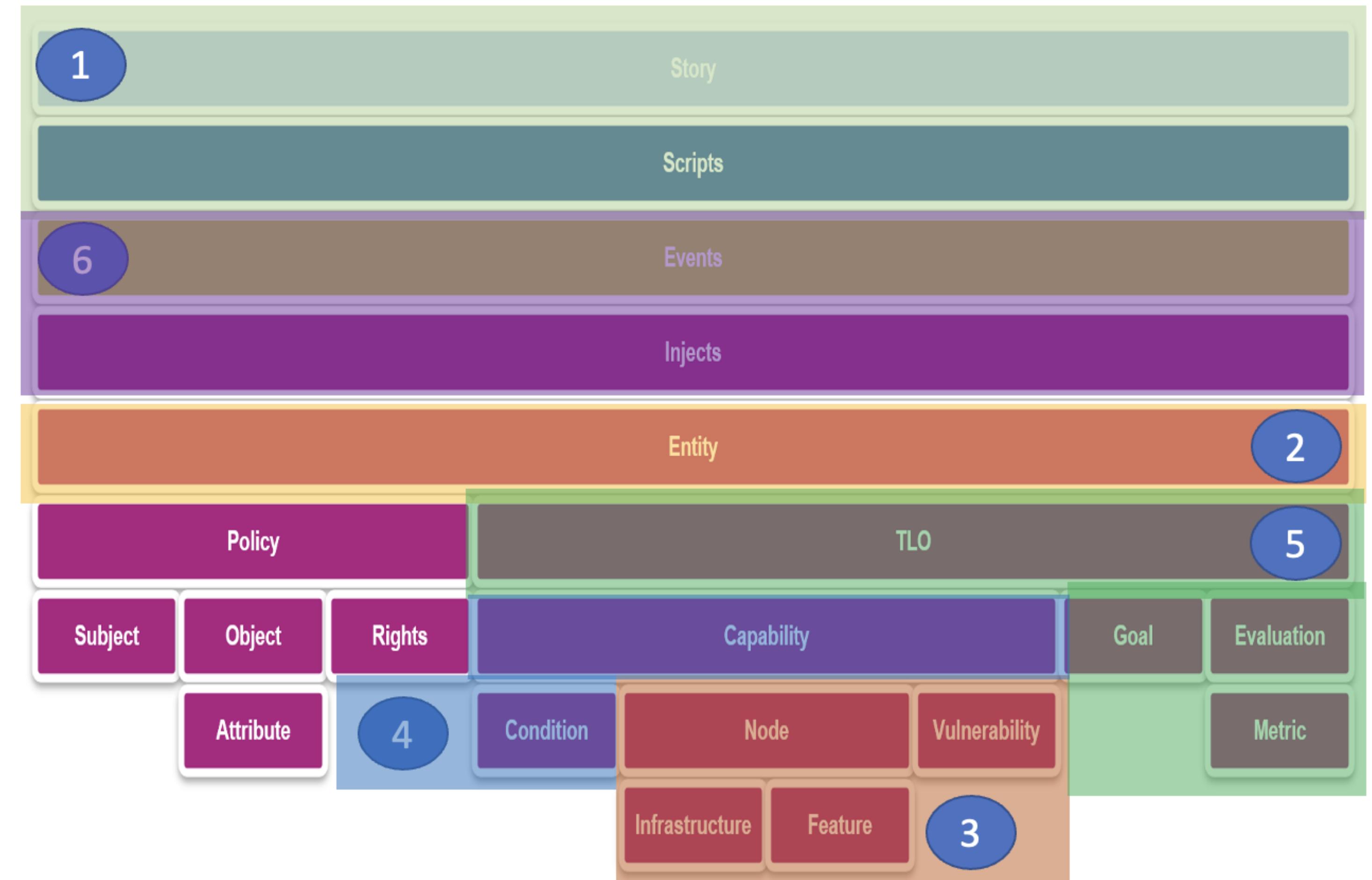
See translation



Scenario Definition Language

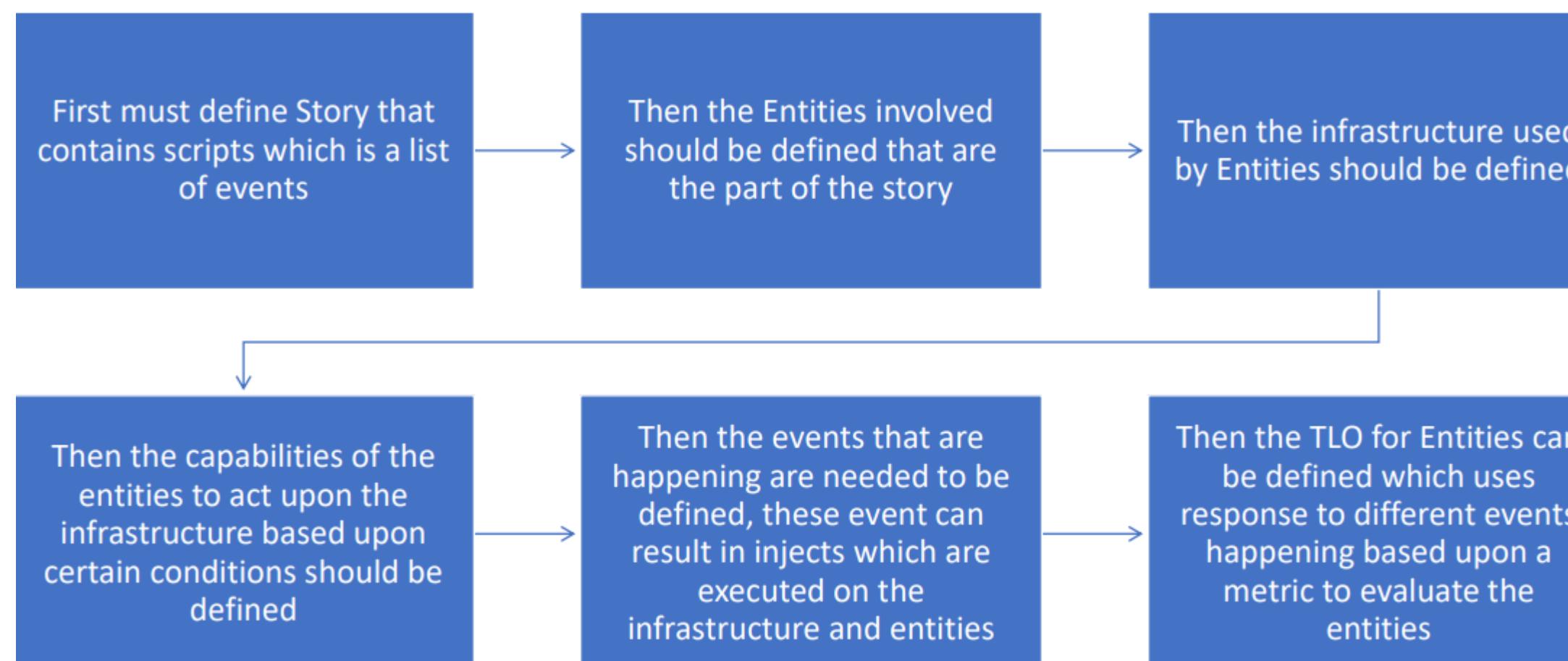
SDL Components

- Story
 - Scripts/Sub story
- Entity/Agents/Character
- Infrastructure/World
- Conditions/Objects
- Events/Events
 - Injects
- TLOs
 - Goal
 - Capability
 - Evaluation

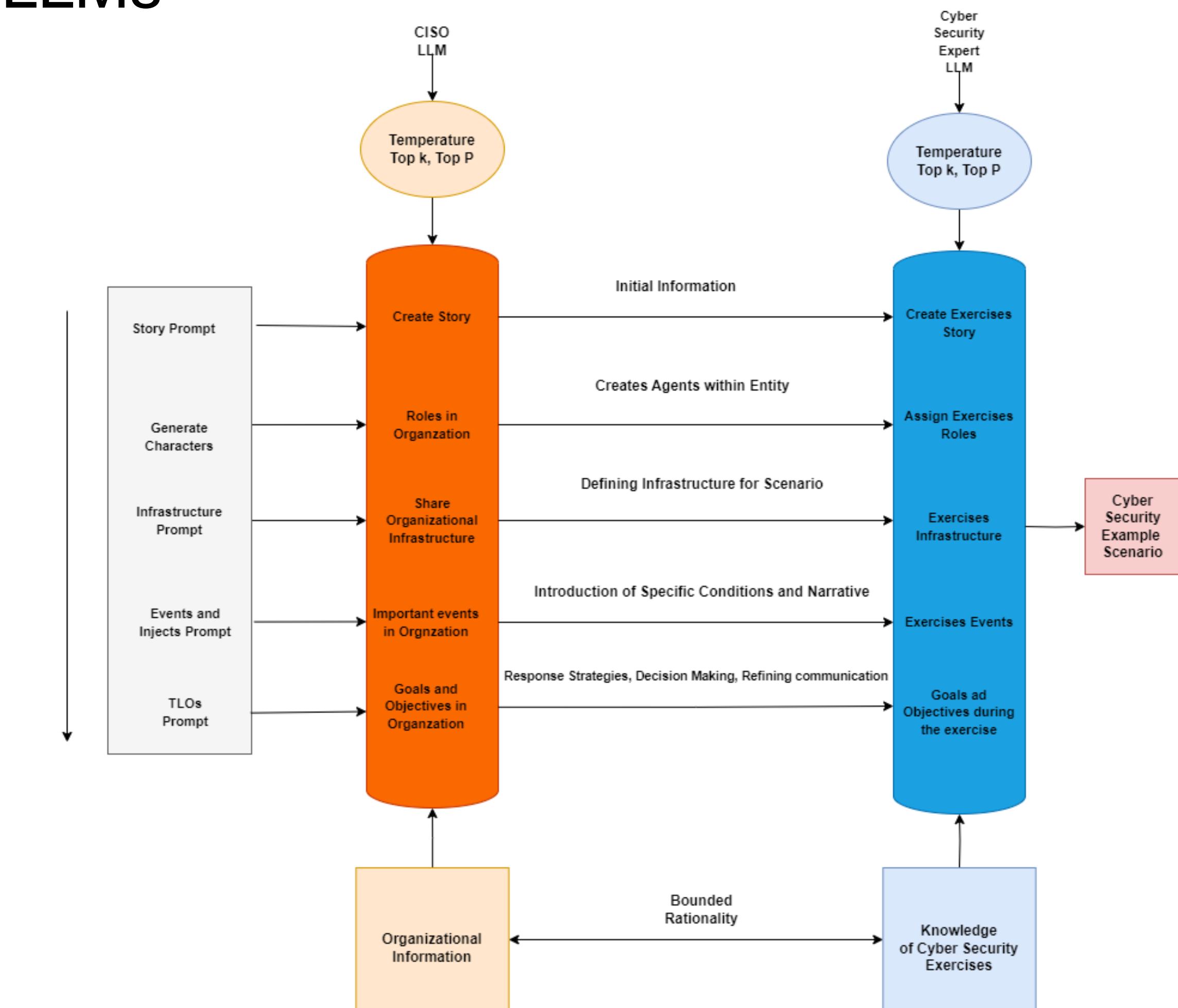


Cyber Security Exercises

Scenario Generation Using Mult Agent LLMs



Cyber Security Exercise Preparation Process



Exercise Design Framework with LLMs

Cyber Security Exercises

Main Scenario:

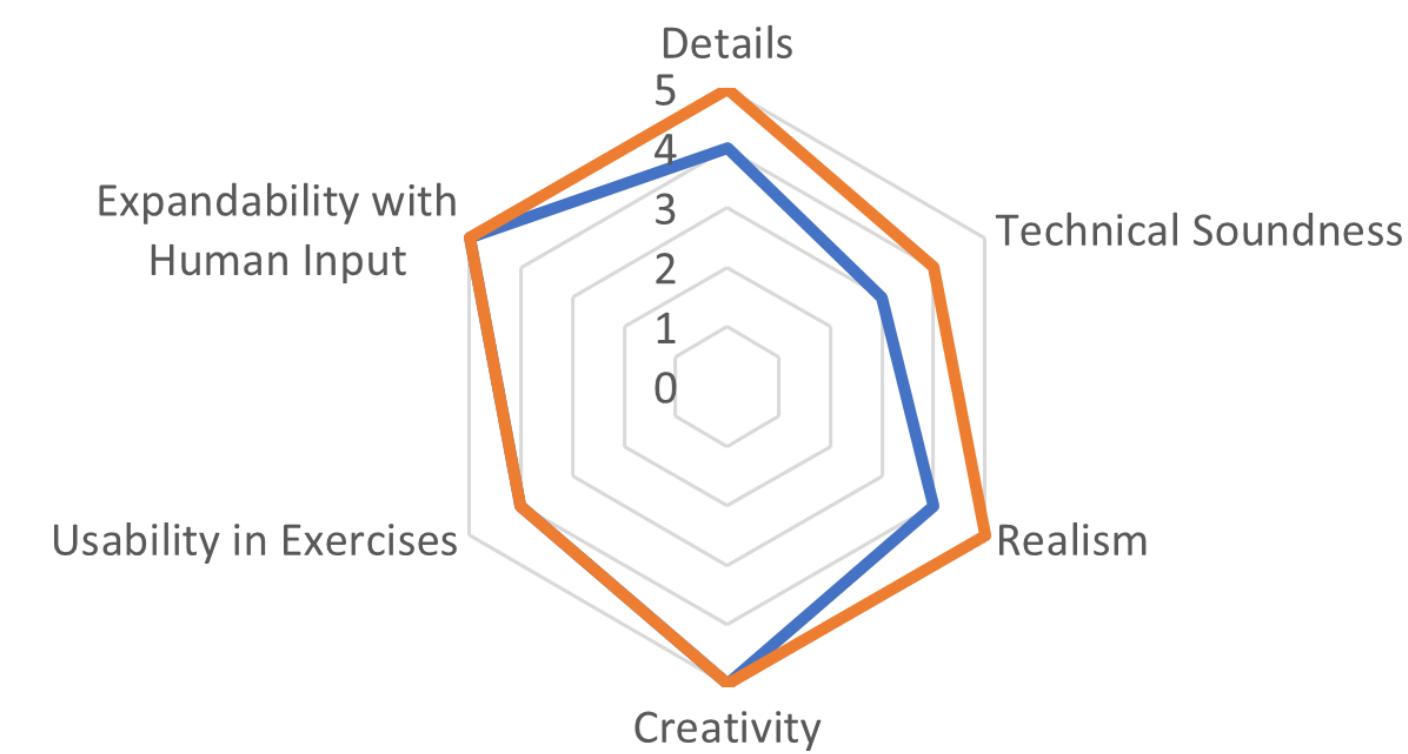
Your organization, a mid-sized company in the finance industry, has been targeted by an advanced persistent threat (APT) group. The APT group has been able to gain unauthorized access to your network and has been actively manipulating and exfiltrating sensitive data for several months.

As the incident response team, you have been alerted to the situation and are tasked with containing the attack, identifying the scope of the breach, and mitigating any further damage. Your team consists of security experts from various departments within the organization, including IT, legal, and compliance.

Generated Scenario Sample

Evaluation by Expert 2

— Scenario 1 — Scenario 2

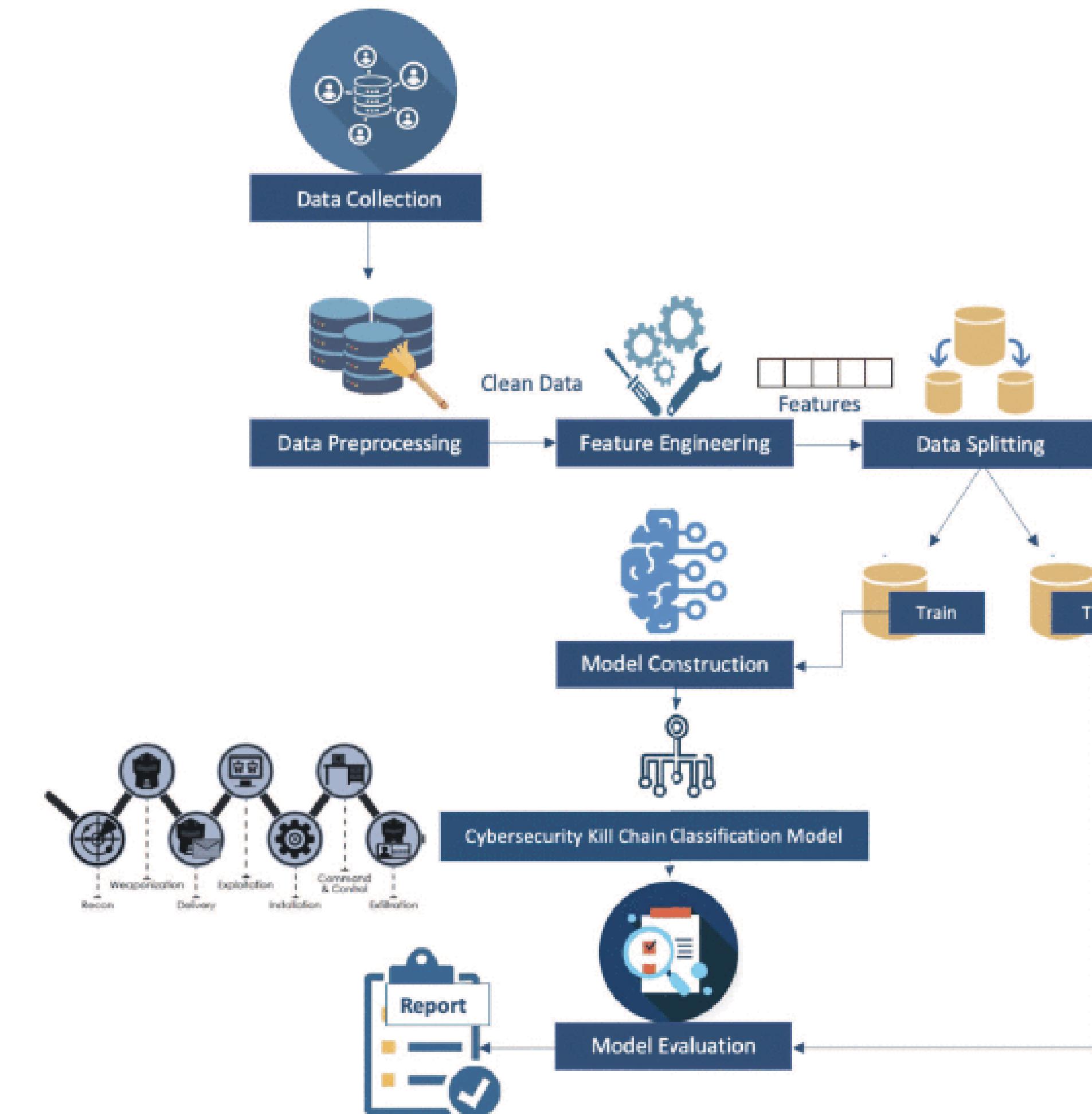


Scenario Evaluation

Skill Assessment for Cybersecurity Exercises



Seven Phases of the Cyber kill Chain

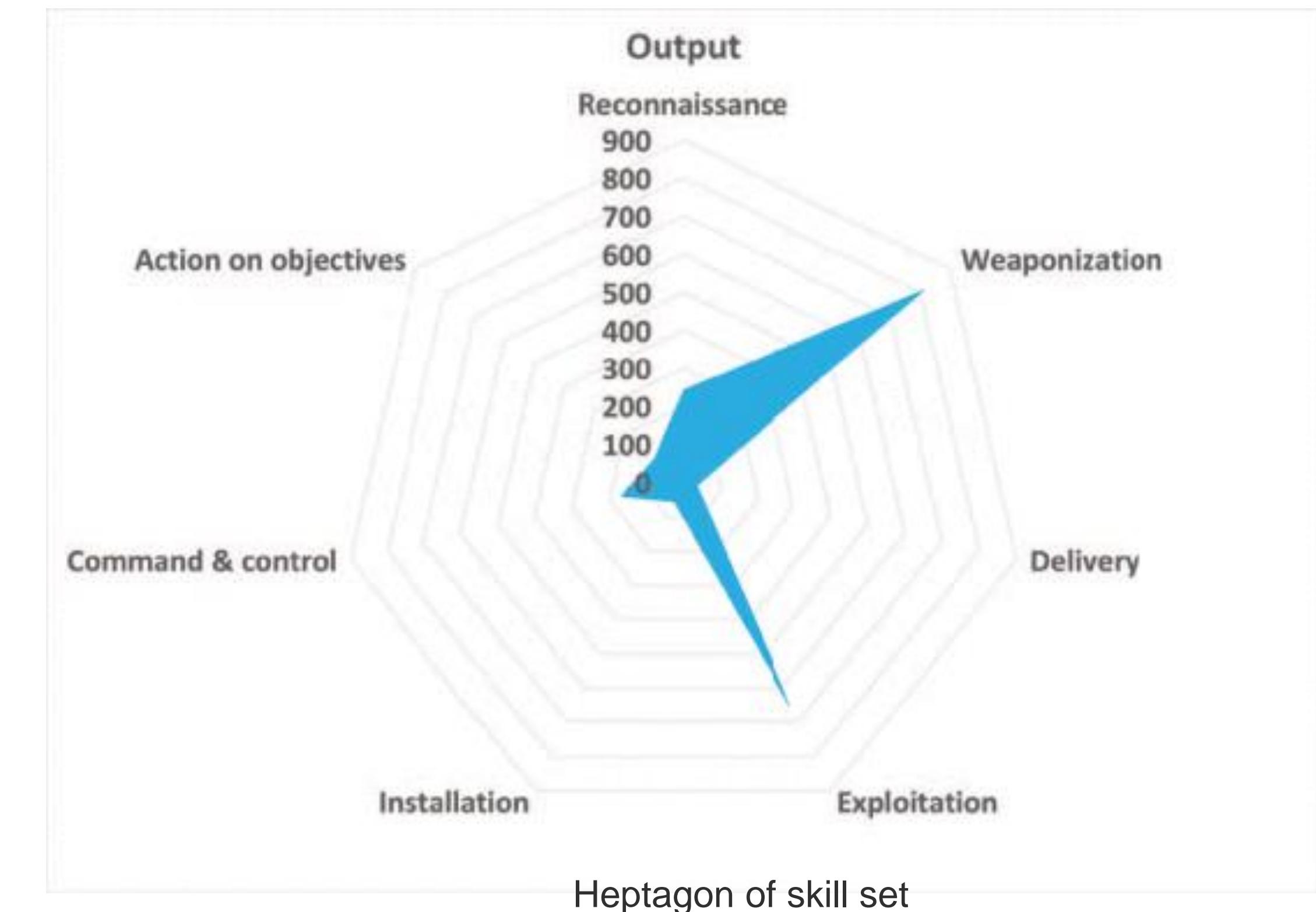


Proposed Methodology for Cybersecurity Kill Chain Classification

Skill Assessment for Cybersecurity Exercises

Method	Precision	Recall	F-Measure
LR [30]	0.97	0.91	0.94
MNB [31]	0.94	0.76	0.82
RF [33]	0.97	0.95	0.96
SVM [32]	0.97	0.94	0.95
Ensemble [34]	0.98	0.94	0.96
Proposed	0.98	0.98	0.98

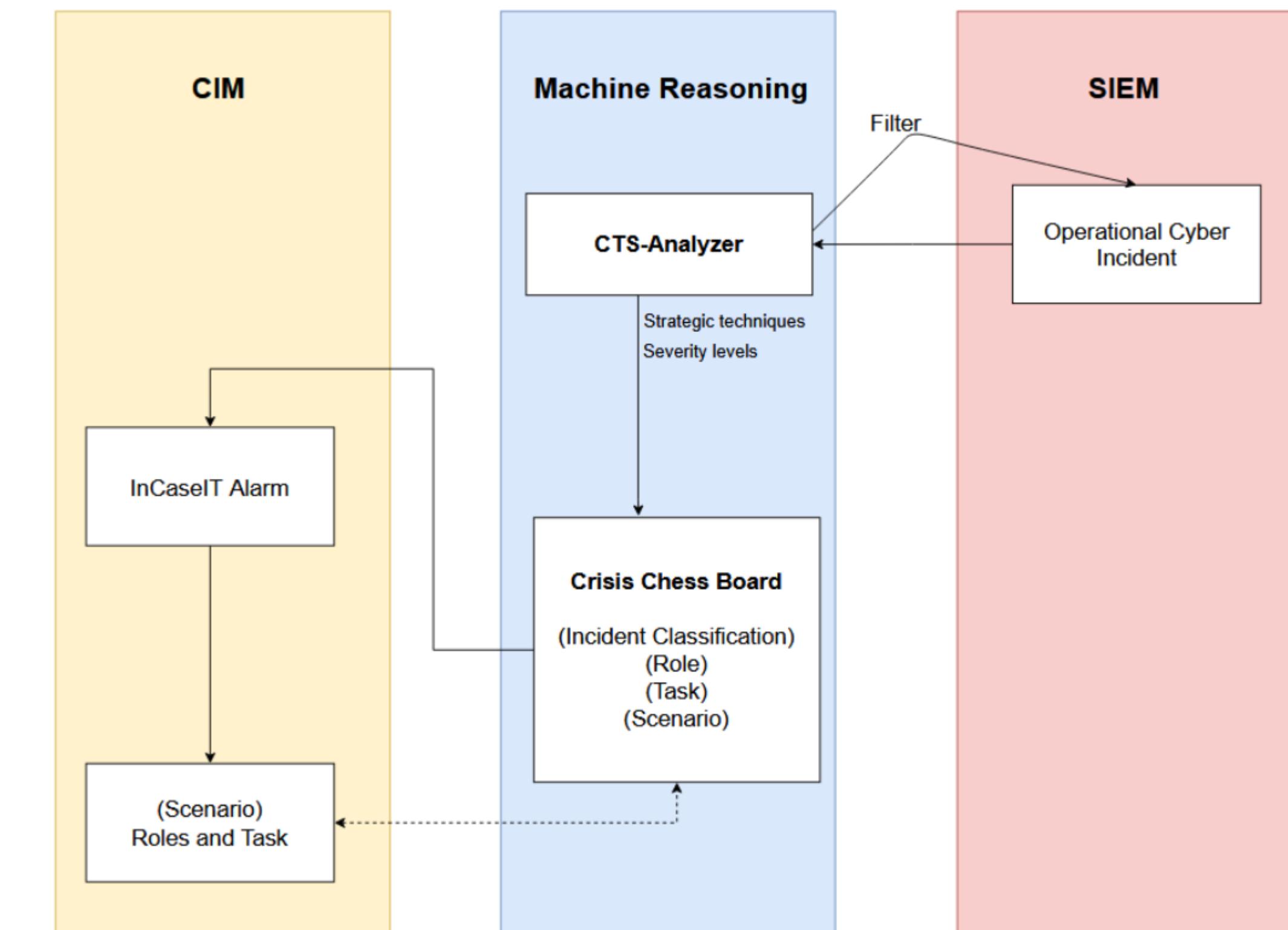
Card Model Comparison with Traditional Machine Learning Models



AI-Driven Cyber Security Analysis

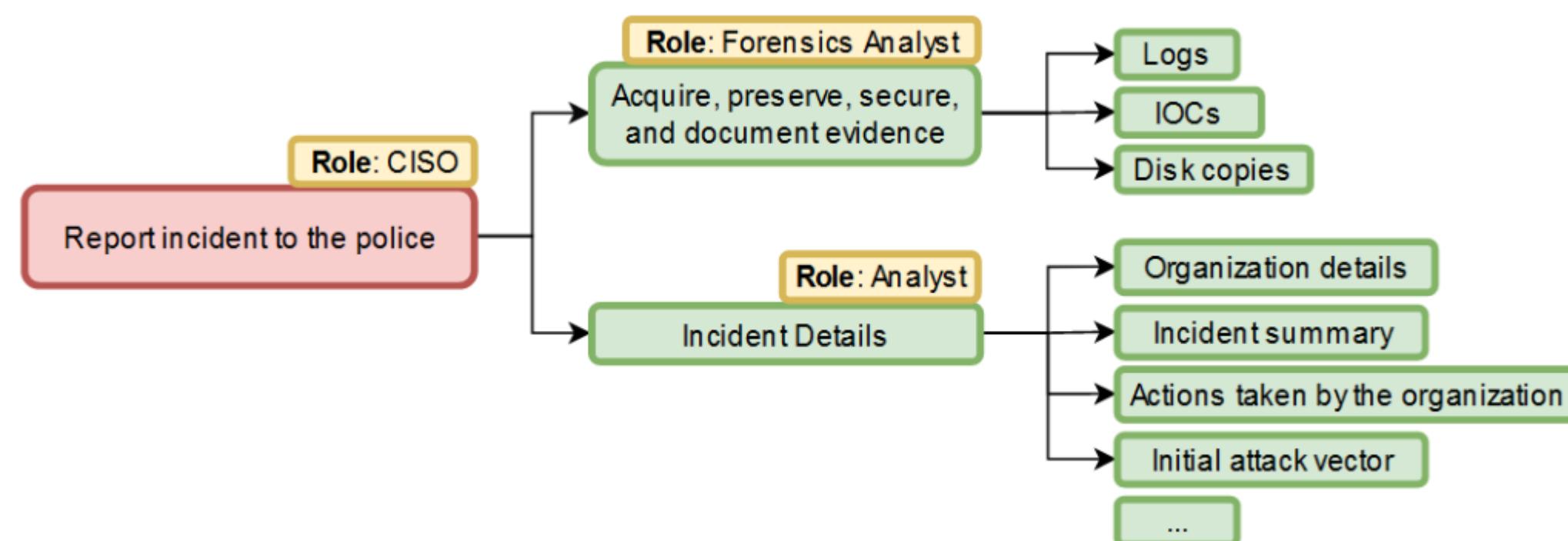


NIST Framework Tiers



Information flow between CIM, CCB, and SIEM systems

AI-Driven Cyber Security Analysis



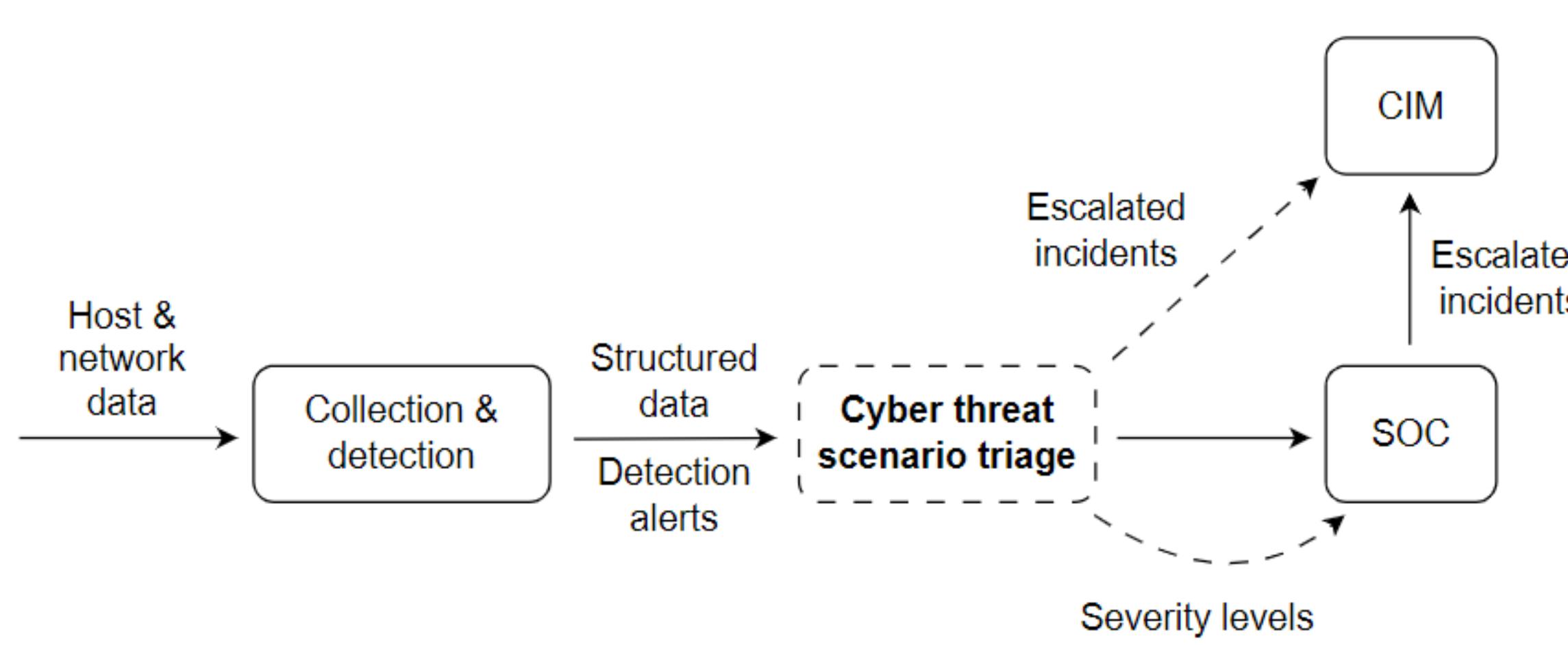
Mapping of Strategic to Operational tasks

OPENING

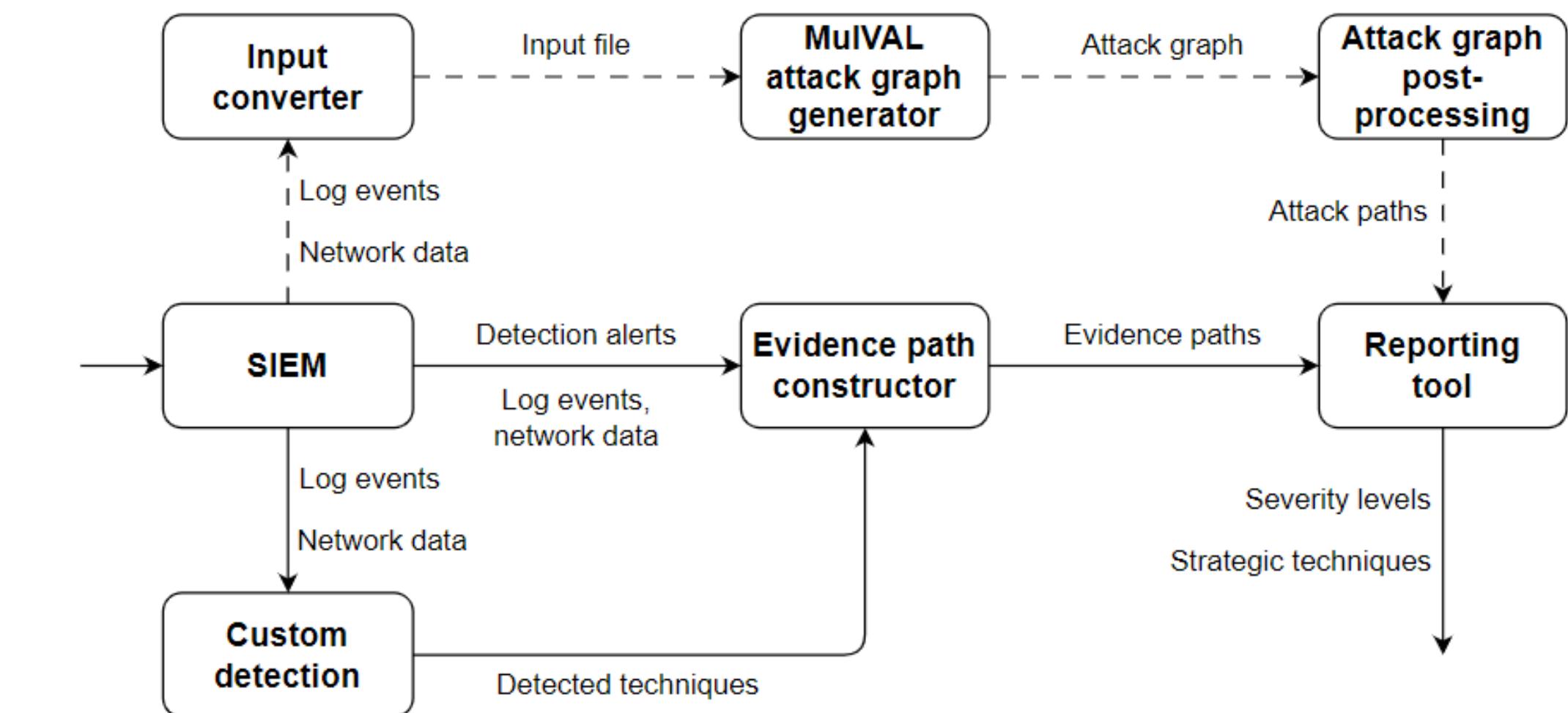
Task	Role	Description	Priority	Done
Schedule Initial Status Meeting and alert personnel	Crisis Manager	Organize an immediate meeting with all key stakeholders, including upper management and relevant department heads, to discuss the current situation, share initial findings, and outline next steps.	1	
Determine scope of the ransomware attack	CISO	Determine the scope of the attack by identifying all impacted systems, services, and data. Information will be used to understand the extent of the damage and prioritizing recovery efforts.	1	
Identify attack vector	IT Security Team Lead	Identify initial attack vector used by the attackers to get access to the organization's systems.	1	
Preserve evidence and initiate a forensic investigation	CISO	Secure and preserve all relevant digital evidence, including logs and infected systems, to facilitate a thorough forensic investigation.	1	
Assess financial impact and risk exposure	CFO	Estimate the financial implications of the ransomware attack, considering factors such as potential loss of revenue, remediation costs, and regulatory fines.	2	
Create a priority list for recovering systems	CTO	Develop a list of critical systems and services that need to be restored first, considering business needs, customer impact, and regulatory requirements. This list will be important in the restoration process.	3	
Develop a communication strategy for stakeholders	Communication Manager	Prepare a plan for communicating with internal and external stakeholders, including employees, customers, and partners, about the incident and the organization's response. The plan should help restore the reputation of the organization.	2	
Isolate the Infected Systems	CISO	Isolate the infected system(s) from the network and the internet to prevent the spread of the ransomware to other systems.	1	

Crisis Chess Board Incident Plan

Cyber Threat Scenario Analyzer

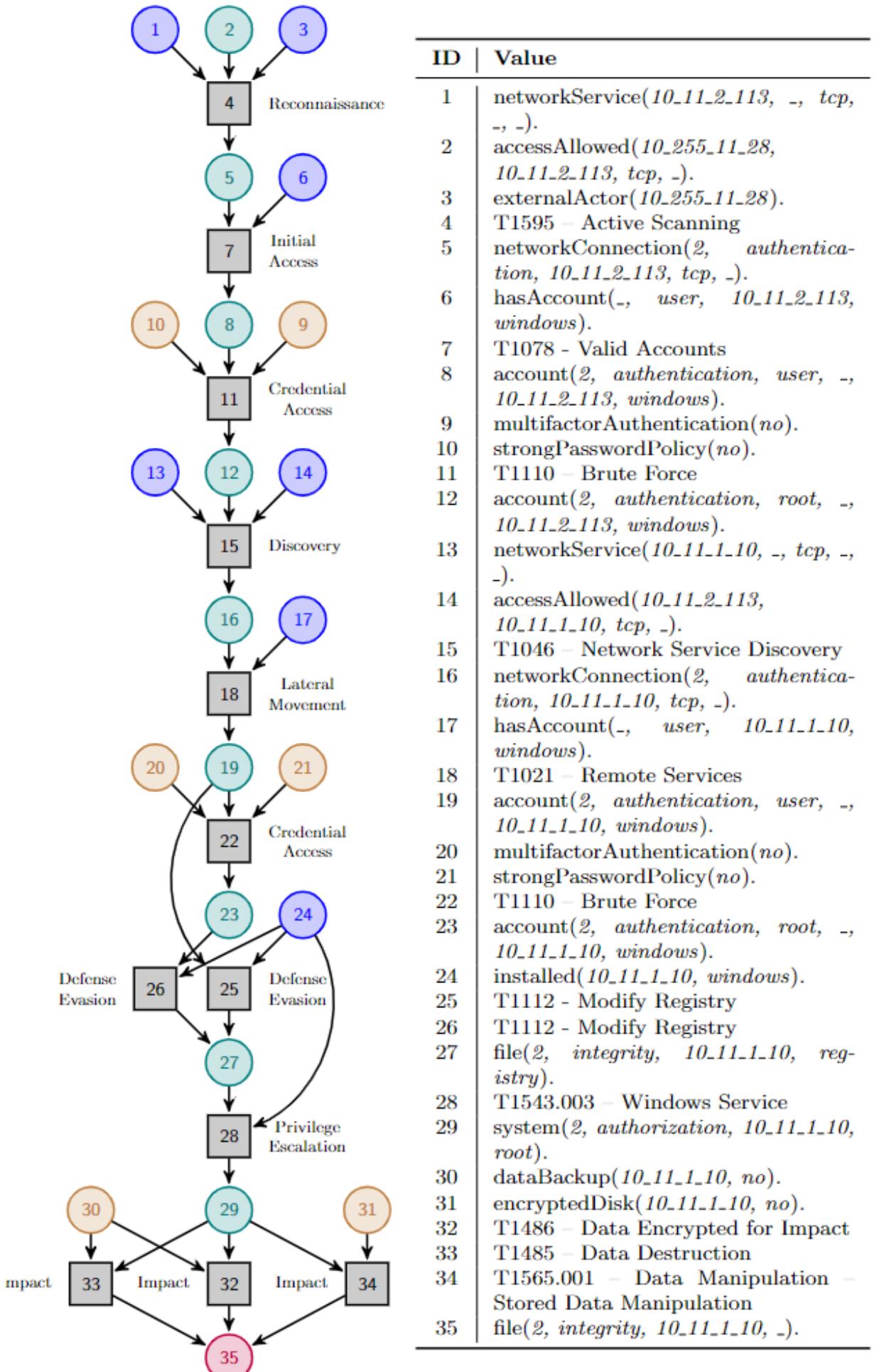


The triage assigns severity levels and automatically escalates incidents that would be otherwise escalated by SOC analysts manually

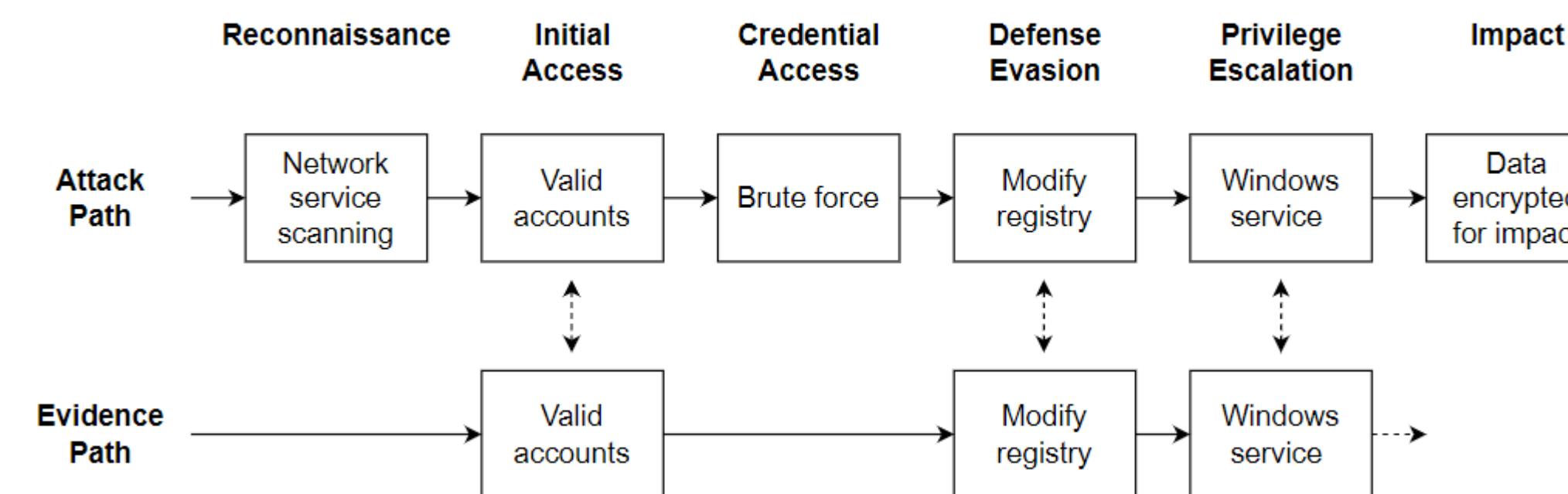


Design of the prototype implementation of the CTS Analyzer.

Cyber Threat Scenario Analyzer



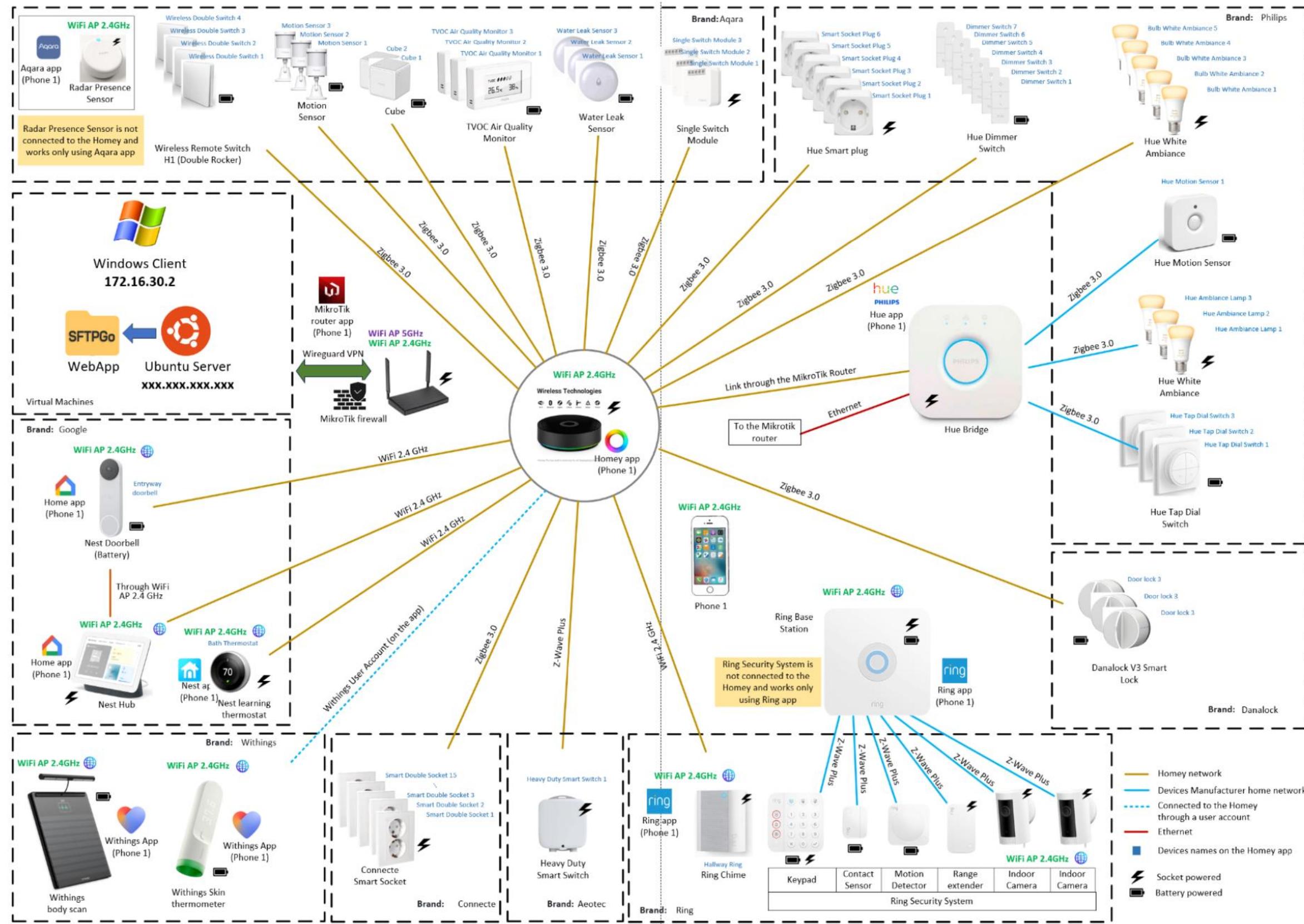
Attack graph generated based on host and network data



Path matching of attack path and evidence path. Names of kill chain phases are above the paths

Hybrid Cyber Security Exercise Scenarios

Smart Home Hybrid Testbed



Front view



Side view

Some Sample Exercises

Full Scale Exercises

Fullskala krisehåndteringsøvelse i Norwegian Cyber Range



Foto: Kenneth Nordahl-Pedersen

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Del

Artikkelen er over 2 år gammel

INNSENDT Norwegian Cyber Range avholdt nylig den første fullskala-

<https://www.oa.no/fullskala-krisehandteringsovelse-i-norwegian-cyber-range/s/5-35-1433118>

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Øvelse Morris er gjennomført, og kunnskapssektoren har fått øvd på å beskytte informasjonsverdiene i norsk forskning og utdanning 🎉

I dag har Cybersikkerhetssenter for forskning og utdanning i Sikt, i samarbeid med Norwegian Cyber Range (NCR) ved NTNU, holdt den aller første felles cybersikkerhetsøvelsen for kunnskapssektoren 🎉

– Vi vet at forskning og utvikling er særdeles utsatt for hendelser og forsøk på angrep i cyberdomenet i disse dager. Nettopp derfor er det svært gledelig at hele 17 virksomheter har gått sammen om å øve sammen i et reelt og tidsaktuelt scenario, sier produktområdeleder for Cybersikkerhetssenteret i Sikt, Bjørn Helge Kopperud.

Øvelsen har foregått i en virtuell verden. Denne verdenen har mye av det samme som du finner i den virkelige verden – aviser, sosiale medier, e-post og logger, men også cybertrusler som ligger i det skjulte og lurer 🕵️

– Det har vært inspirerende å se engasjementet og pågangsmotet til deltakerne, og jeg er sikker på at vi er litt bedre rustet til å håndtere hendelser nå enn vi var i dag tidlig, avslutter Bjørn 🙏

Det finnes ufattelig mye verdifull kunnskap og informasjon i Norsk kunnskapssektor. I dag har vi øvd for å være bedre rustet til å beskytte disse verdiene i fremtiden.

Tusen takk til alle som har deltatt og til alle som har gjort denne øvelsen mulig!

#cybersikkerhet #cybersecurity

[See translation](#)



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Full-scale exercise of a cyber attack

Last week, Gjøvik municipality carried out a full-scale exercise where the theme was cyber attacks.

It is the first time in Norway that such a large exercise with this theme has been carried out. Gjøvik was first out, in the next few weeks both Land municipalities and Vestre Toten municipality will be in the fire.

<https://www.gjovik.kommune.no/aktuelt/fullskala-ovelse-pa-et-cyberangrep.51203.aspx>

Norwegian Cyber Range

Virtual Tour



Questions?

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