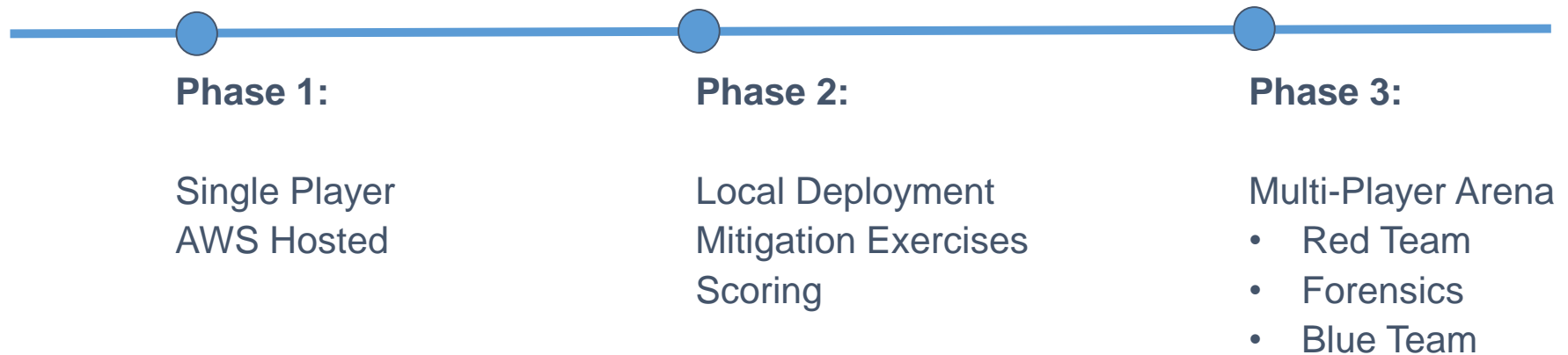


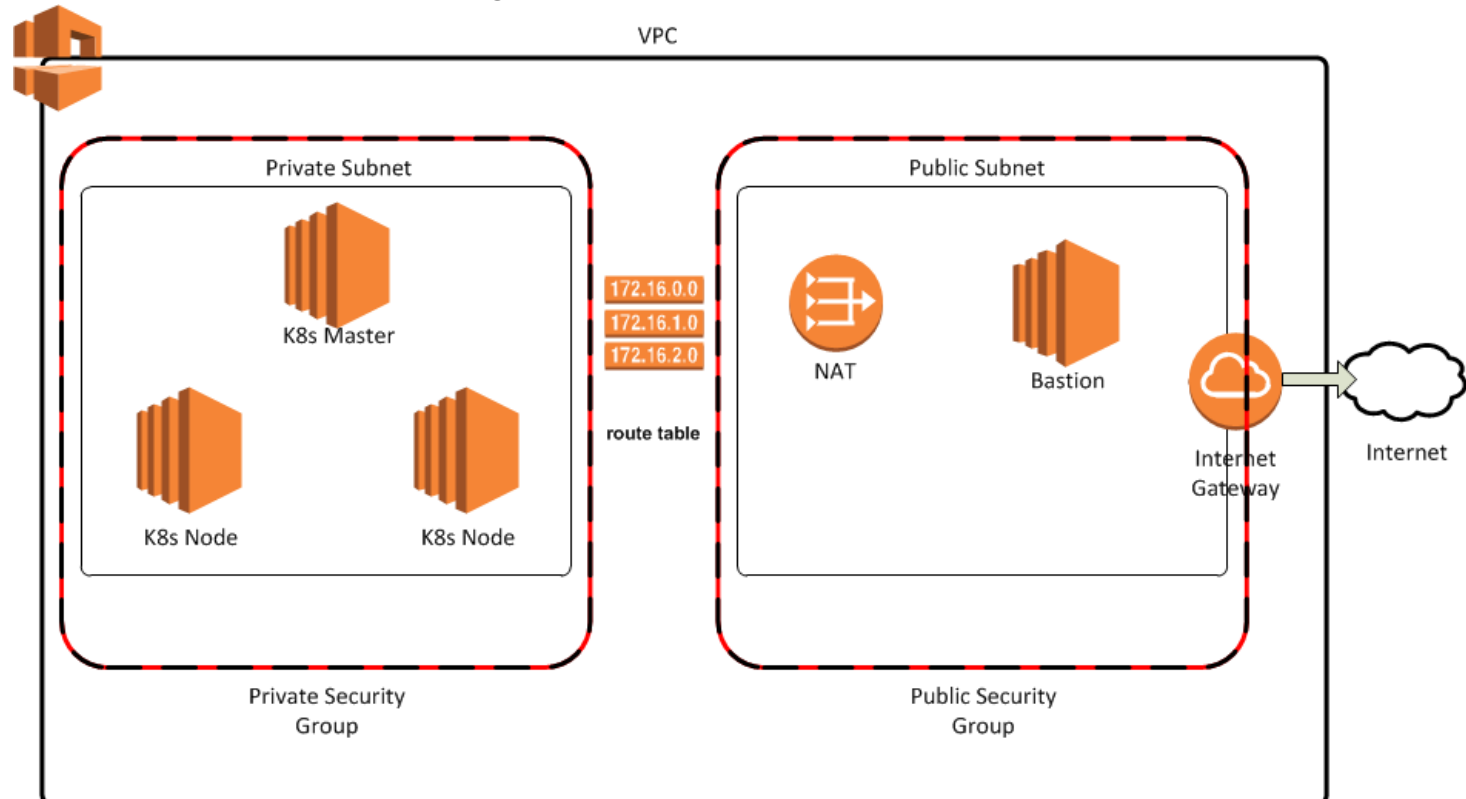
K8s Training System

- Hands on training system
 - Improve retention, much better than slideware
 - Based upon previous work around App Sec training tools
- Built with the control-plane.io team
- Released phase 1 of a 3 phase roadmap



Phase 1

- Automated system creates AWS infrastructure including bastion host, installs and launch Kubernetes then loads exercise
- System utilizes Docker containers to encapsulate infrastructure deployment and management within launch container
- Simple setup
- 5 exercises at the moment, 25 in progress



Demo

- Exercise Lazy Secrets...
 - “Task 1: During your basic app sec testing you have been able to break out of your test application and into the container. Is there a secret way an attacker could progress the attack?”
- Exercise Greedy (with mitigation)
 - “Task 1: You have been asked to perform a security test on an application hosted in Kubernetes. To make the test as close to reality as possible you have only been told that the application is exposed as a NodePort service on IPaddress x.x.x.x”
 - “Task 2: The application is the only app deployed to this cluster and does not need to access the Kubernetes control plane at run time. How can you update the cluster configuration to mitigate this finding?”