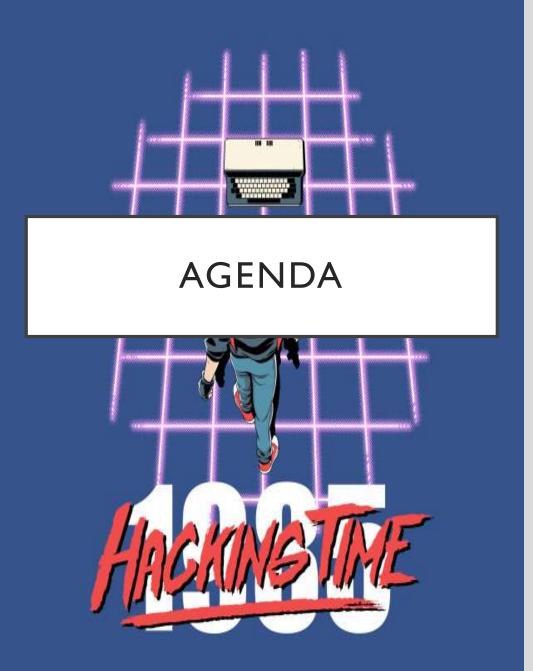


## IMPLEMENTING A KICK-BUTT TRAINING PROGRAM: BLUE TEAM GO!

Ryan J. Chapman

@rj\_chap



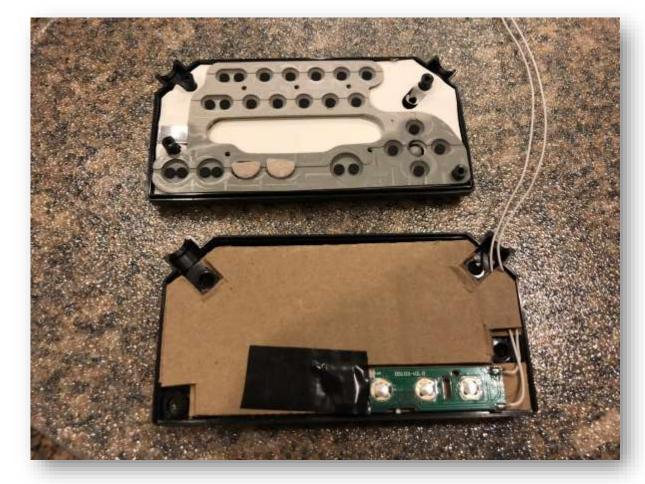
- Why baseline training?
- Trainers
- Core Tenants
- Delivery Methodologies
- The curriculum!
  - Five different phases
- Reinforcement
- Questions / Wrap-up







ABOUT ME - @RJ\_CHAP





### I LOVE THE POWER GLOVE... IT'S SO BAD



- Finding the "right" hire
- Failure analysis:
  - Educational institutions
  - Certifications
  - Hiring "the analyst mindset"
  - Previous experience



### WE CAN REBUILD THEM – WE HAVE THE TRAINING

- Desired goal: "Jacks & Jills of All Trades"
- ANYONE who has hands on keyboard!

- Regardless of issue: HANDLE IT
  - Weaponized carrier files, OSINT, proof-ofexecution analysis, etc.





#### T3: TRAINING THE TRAINERS

- Identify primary resource(s)
- Recognize, assign, and train SMEs
- Hold Trainer the Trainers (T3) sessions

- Example:
  - Primary Trainer → Leads → New-hire analysts



#### **CORE TENANTS**

- HOW and WHY
  - No FRU techs!
  - No pressing buttons for bananas!
- Experiential training
  - Hands on the keyboard
  - Kinesthetic learning



#### CORE TENANTS CONT.

- Foster a "Go here to find..." mentality
- Continually point to reference material
  - Internal documentation
  - External documentation
    - RFCs!!

#### [Docs] [txt pdf] [draft-ietf-http...] [Tracker] [Diff1] [Diff2] [Errata] Obsoleted by: 7230, 7231, 7232, 7233, 7234, 7235 DRAFT STANDARD Updated by: 2817, 5785, 6266, 6585 Errata Exist Network Working Group R. Fielding Request for Comments: 2616 UC Irvine Obsoletes: 2068 J. Gettys Category: Standards Track Compag/W3C J. Mogul Compag H. Frystyk W3C/MIT L. Masinter Xerox P. Leach Microsoft T. Berners-Lee W3C/MIT June 1999

#### Hypertext Transfer Protocol -- HTTP/1.1

#### Status of this Memo

This document specifies an Internet standards track protocol for the Internet community, and requests discussion and suggestions for improvements. Please refer to the current edition of the "Internet Official Protocol Standards" (STD 1) for the standardization state and status of this protocol. Distribution of this memo is unlimited.

RFC 2616 HTTP/1.1 June 1999

The first digit of the Status-Code defines the class of response. The last two digits do not have any categorization role. There are 5 values for the first digit:

- 1xx: Informational Request received, continuing process
- 2xx: Success The action was successfully received, understood, and accepted
- 3xx: Redirection Further action must be taken in order to complete the request
- 4xx: Client Error The request contains bad syntax or cannot be fulfilled
- 5xx: Server Error The server failed to fulfill an apparently valid request

The individual values of the numeric status codes defined for HTTP/1.1, and an example set of corresponding Reason-Phrase's, are presented below. The reason phrases listed here are only recommendations -- they MAY be replaced by local equivalents without affecting the protocol.



#### CORE TENANTS CONT.

Take learning styles into account

Kinesthetic look down

Visual look up

Auditory look to the sides

- Cover each and every item you run across
  - Ex: Ticket includes obfuscated PowerShell

#### CORE TENANTS CONT.

- Tie back to the Real World
  - Daily ticket review and/or shadowing

- Everything ties together in final week
  - Final week should be as hands-on as possible!

#### FLEXIBLE FRAMEWORK

#### **BOOTCAMP**

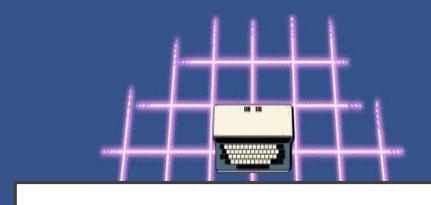
- All 5 weeks at once
- Experienced analysts
- May overload new IR analysts

#### **MODULAR**

- Multi-phase deployments
- Example:
  - Phase I:Weeks I, 2, & 5
  - Phase 2:Week 3 & Week 4
- Easier on new analysts

# CURRICULUM OVERVIEW Weeks I - 5 15:00

# INTRO, SETUP, & THE SIEM Week I



INTRO, SETUP, & THE SIEM



- Day I
  - Company intro & setup

- Day 2-3
  - Setup cont.

- Day 4 & 5
  - The SIEM



#### TEAM ORIGIN

Precautionary or Reactionary?

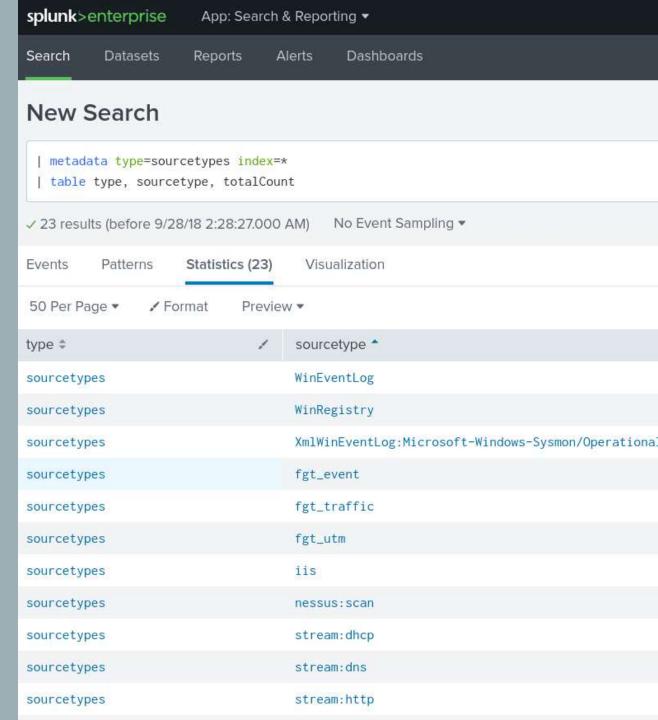
Team formation SOC? CIRT? Tiered? Why?

What works?
What doesn't work?



THE SIEM - LOGS

Available data/logs?
Fields?
Documentation?
Known visibility gaps?



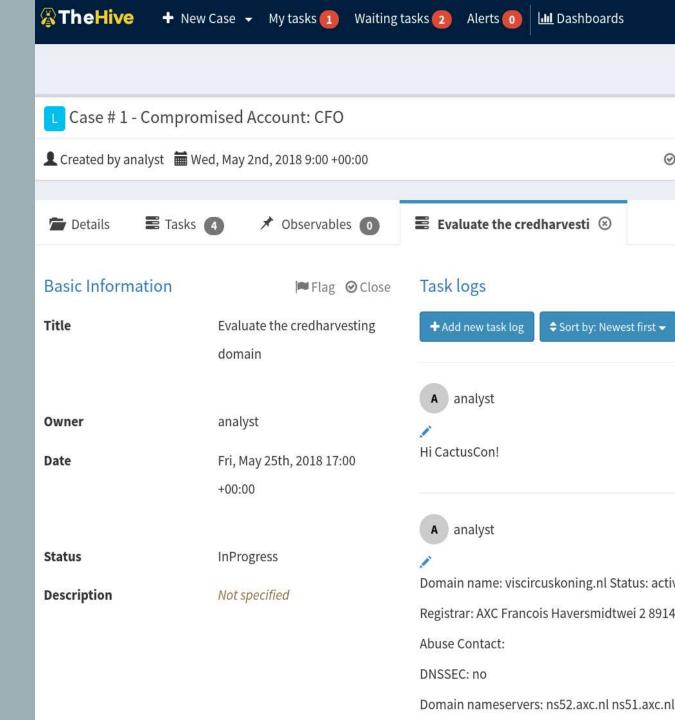
#### THE SIEM - TICKETS

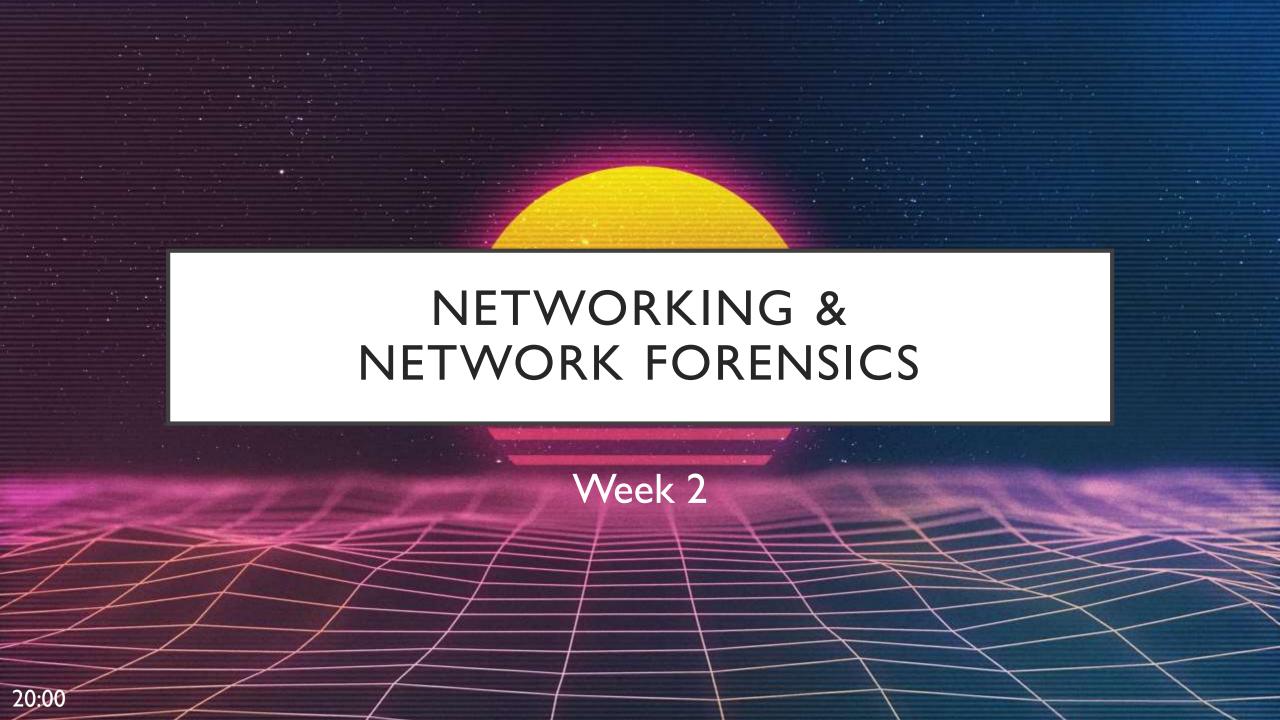
Fields?

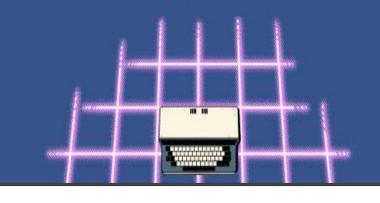
Common ticket types?

Review Top X

Knowledge management?







NETWORKING & NETWORK FORENSICS

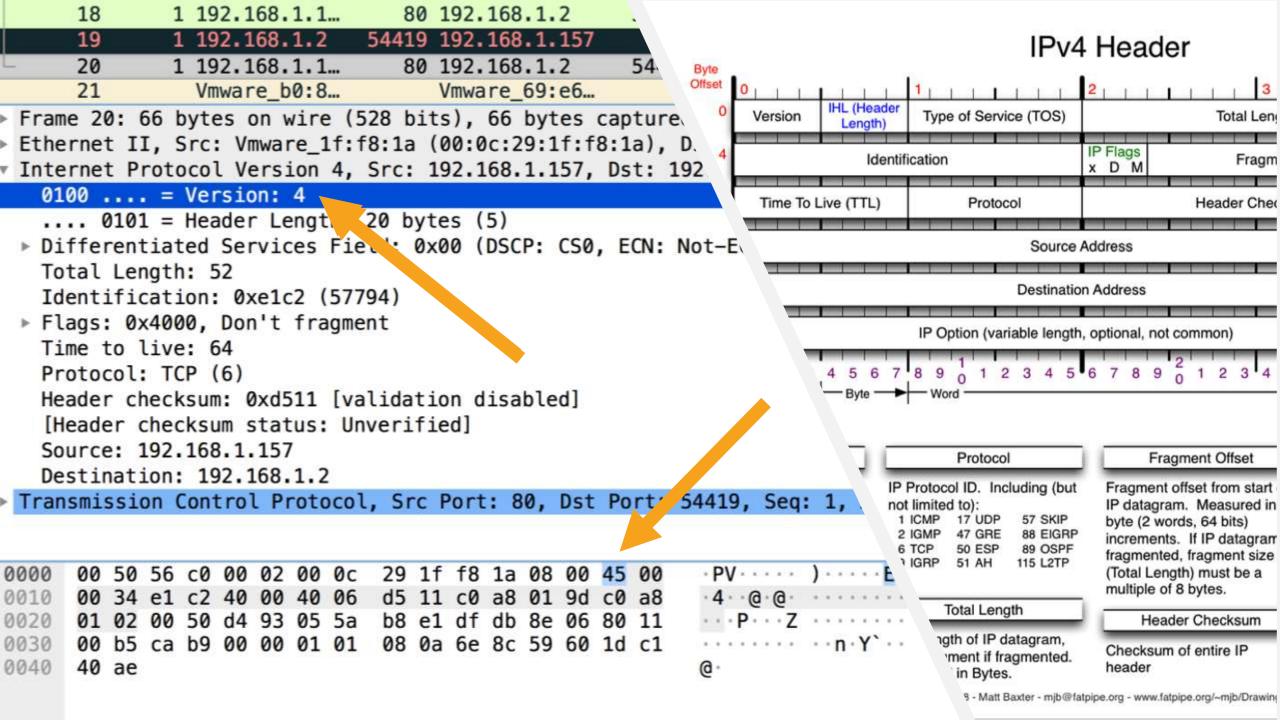


Begin w/ network diagram

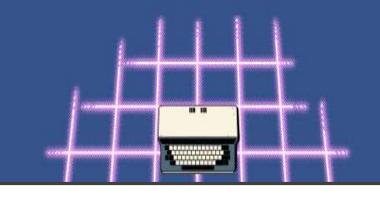
- Day 1: Common protocols
  - How do they actually work?
  - Ex: DNS, HTTP, & SMTP
- Day 2: Network logs
- Day 3: Email
- Day 4: Sanitizing email
- Day 5:Wireshark & PCAP Challenge







# HOST-BASED FORENSICS Week 3 25:00



HOST-BASED FORENSICS



- Day I:Windows artifacts
  - Start with NTFS' \$MFT
- Day 2: Registry analysis cont.
- Day 3: Corp. forensic tool(s)
- Day 4: Eric Zimmerman Tools
- Day 5: Memory analysis deep-dive
  - volatility ftw





#### Windows Forensic Analysis

You Can't Protect What You Don't Know About

digital-forensics.sans.org



#### Evidence of...



Windows Time Rules

Windows Artifact Analysis: The Talabase of J. Springeric, were aligned you used by Sales Copies Copies and a sales Copies Copies and a sales Copies of the Copies Copies of the Copies of Copies of

#### File Download

#### 2023 Zeros Johnstifer

#### **Program Execution**

### Unwakedet.

RF Smarch - ACMINI

SANS DFIR

WILIGH No.7/

#### Last-Visited Hetz

#### Deleted File or File Knowledge

MERCHANTER Mercycle Min-

Lost-Vhited HIED

AP Respekt Nie.









#### File/Folder Opening

#### Open/Save MRU

Recent Files

Shortcut (LNK) Files

#### **Account Usage**

#### Last-Visited MRU

**Network Activity/Physical Location** 

WLAN Event Log

IE|Edge file://

Office Recent Files

Services Events

Last Password Change

RDP Usage

**Logon Types** 

#### SANS

500

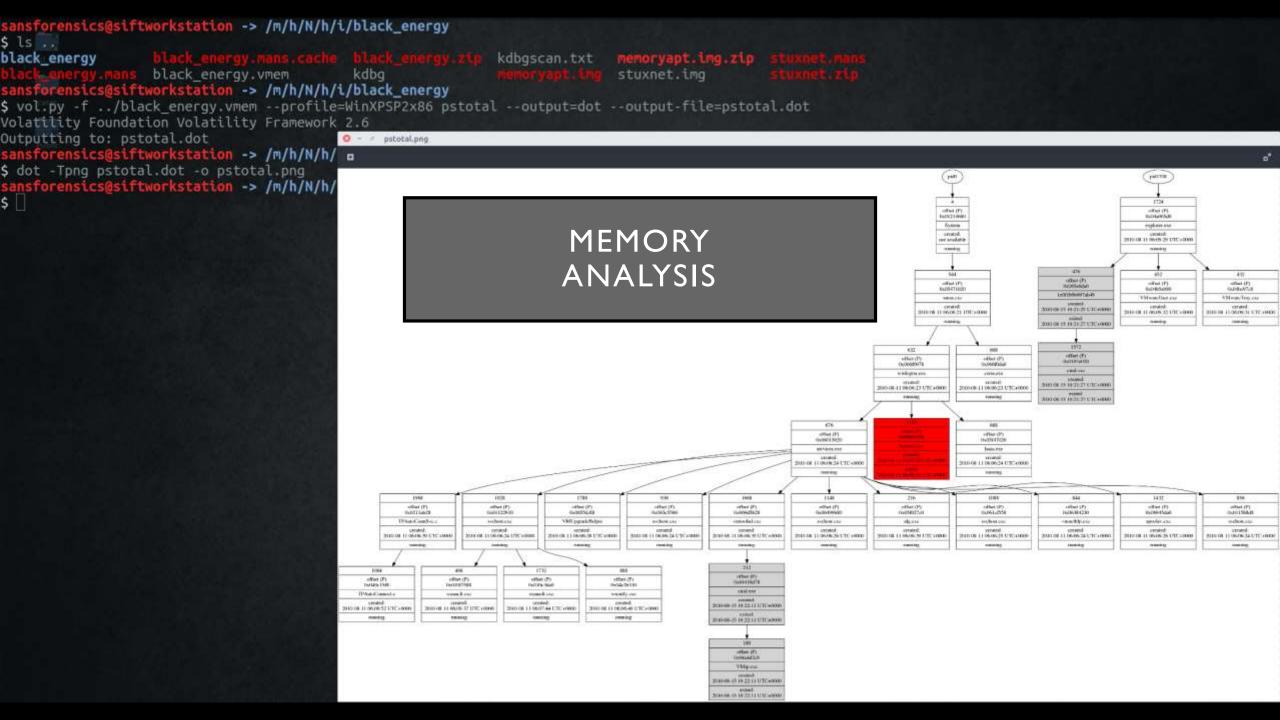
#### **External Device/USB Usage**

First/Last Times

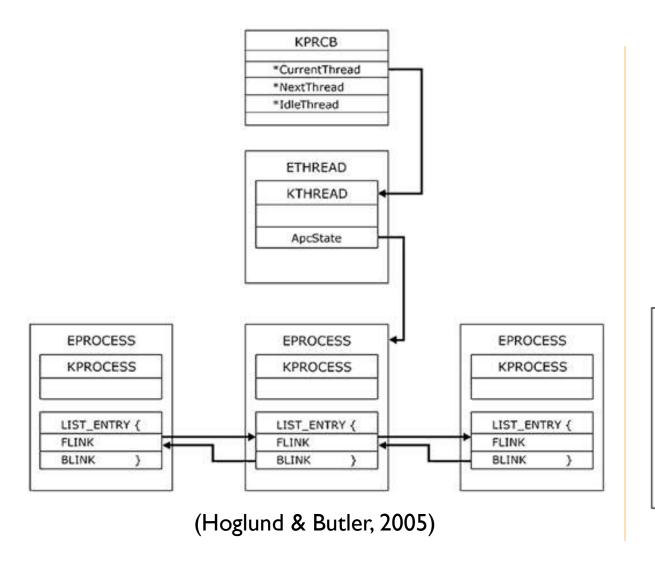
Volume Serial

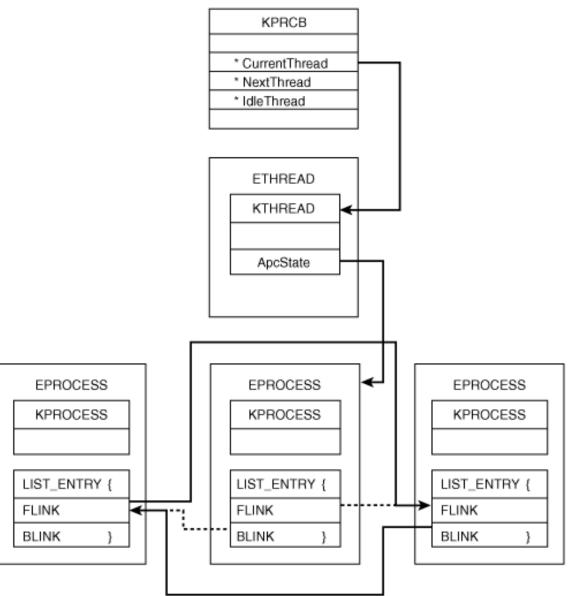
Drive Letter and Volume Name

#### **Browser Usage**

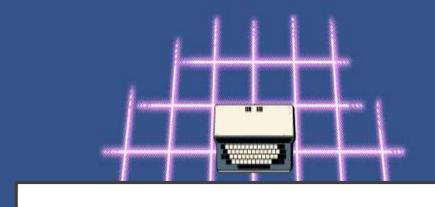


#### PSLIST VS. PSSCAN





# REVERSE ENGINEERING Week 4 30:00



REVERSE ENGINEERING



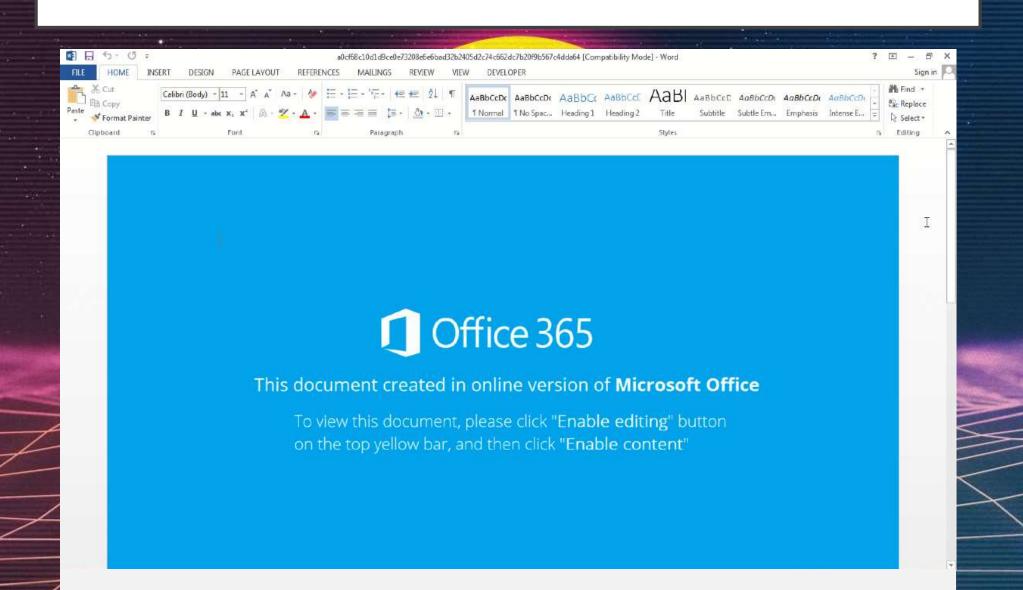
- Day I: PDF analysis
- Day 2: Office file analysis

- Day 3: Dynamic PE analysis
- Day 4: Static PE analysis

Day 5: Sam's Malware Workshop



#### CARRIER FILE ANALYSIS



#### SAM'S MALWARE WORKSHOP

https://samsclass.info/126/ 126\_DC\_2017.shtml



#### **Basic Static Analysis**

- 1. Basic Static Techniques (10 pts.)
- 2. Unpacking
- 3. Challenge: Name the Packer (5 pts)
- 4. Challenge: Datestamp (5 pts)

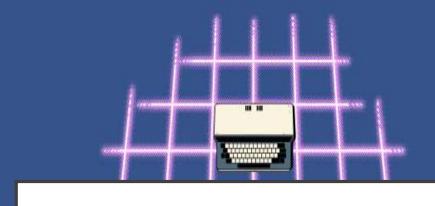
#### **Basic Dynamic Analysis**

- 5. Basic Dynamic Analysis
- 6. Keylogger (15 pts.)
- 7. Challenge: Beacons (10 pts)

#### **Advanced Static Analysis**

- 8. Jasmin
- 9. Challenge: Secret Message (10 pts)
- 10. IDA Pro

# INTEL & WORKING TICKETS Week 5 35:00

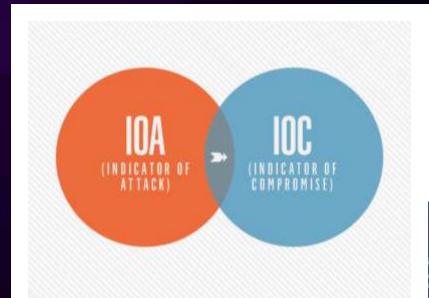


INTEL & WORKING TICKETS



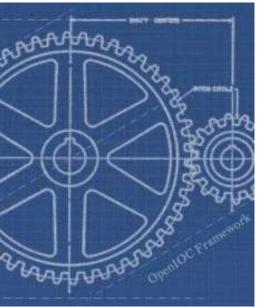
- Day I: IOCs (& IOAs)
- Day 2: Threat Hunting
- Day 3: Operationalizing OSINT
  - See Pluralsight.com course
- Day 4: Working tickets
- Day 5: Review & Wrap-up



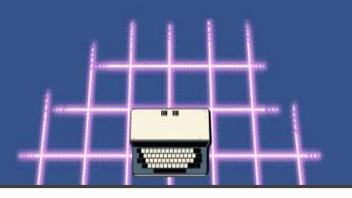








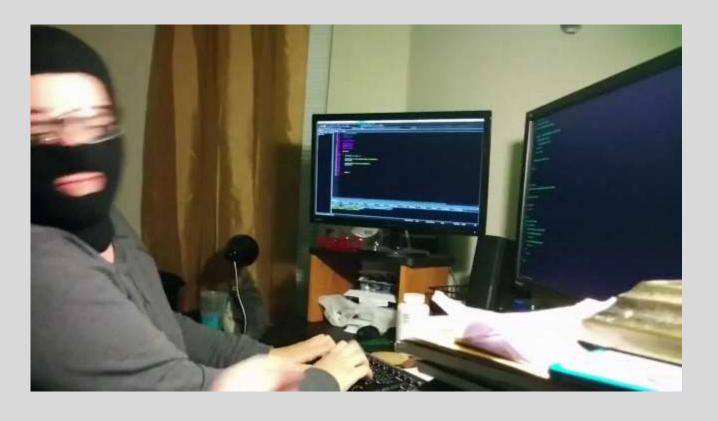
IOCS



THREAT HUNTING



### Finding what security tools **don't**



What frameworks are YOU using?



#### REINFORCEMENT

#### **TABLETOPS**

- Build muscle memory
- Optional or required?
- Time investment
  - Worth it!

#### **QUIZZES**

- Testing during or after
- Setup an LMS
  - Ex: Moodle
- Not as time intensive

#### QUESTIONS?



#### **Ryan Chapman**

@rj\_chap

IR analyst. Malware hobbyist. PluralSight author. Comedy & BJJ chump.

github.com/rj-chap keybase.io/rj\_chap TnVsbGl1cyBpbiB2ZXJiYS4=