### TopDog Hacking Challenge: A Good Offense is the Best Defense

TSIT01, TSIT02, 726G81 Computer Security

Jonathan Jogenfors Niklas Johansson Joakim Argillander Martin Clason Ingemar Ragnemalm Guilherme Xavier Information Coding Group Department of Electrical Engineering, Linköping University

November 10, 2023

### Contents

1	Intr	oduction
	1.1	Overview
	1.2	Lab Organization
	1.3	Deadlines
	1.4	Disciplinary Stuff
	1.5	Ethics
	1.6	Contact Information
2	Pre	paring for the lab
	2.1	Logging In
		2.1.1 Account Creation Issues
3	Wo	rking through the Lab
	3.1	Assignments
	3.2	Result Keys
	3.3	Best Practices
	3.4	Scoreboard
	3.5	List of Lessons
	3.6	List of Assignments
4	Cor	tributing to the lab 13
	4.1	Submit a Bug Report    13
	4.2	Ideas for Enhancements
	4.3	Fork It!
5	Fre	quently Asked Questions (FAQ) 15
	5.1	I am Stuck, What Should I Do?
	5.2	There is Something Wrong With the Server!
	5.3	I Can't Access the Network After Configuring ZAP 15
	5.4	Can I Get Bonus Points For the Exam?
	5.5	I Finished the Lab and Want Something More Challenging! 17
	5.6	I Didn't Get a Result Key, Only "Key Should be here! Please refresh the
		home page and try again! If that doesn't work, sign in and out again!" . 17
	5.7	The Result Key in the Insecure Crypto Challenges Isn't Working! 18
	5.8	In the Insecure Direct Object Reference Bank Challenge, There's no Money Left
		Left    18      Love Computer Security and I Want To Learn More!    18

Α	Tools	19
	A.1 Viewing the Source Code	19
	A.2 Browser Developer Tools	19
	A.3 The Zed Attack Proxy (ZAP)	21
	A.3.1 Configuring ZAP	21
	A.3.2 Intercepting $HTTP(S)$ Traffic With ZAP	23
в	Capturing The Flag	27
С	About This Document	<b>28</b>
	C.1 Changelog	$\frac{28}{28}$
	C.2 Homowiedgements	20

### Introduction

Have you ever taken a computer security course and wanted to learn more? Tired of just listening to the lecturer going on about hacking computers while you dream about actually breaking into stuff? Now is your chance. In this lab course you will be taking on the role as *penetration tester*, or *pentester* for short. This means you'll be shown a selection of vulnerable web applications with the goal of breaking into them and/or make the application perform tasks that it was not designed for.

#### 1.1 Overview

In the LiU TopDog Hacking Challenge you will practice penetration testing. Using a set of increasingly difficult assignments, you will gradually learn the basics of how an adversary might exploit badly designed applications and security systems. The goal is to give you the basics in practical security work and understand some common pitfalls when developing web applications. After the lab you should be well-equipped to avoid these security issues whenever you develop your own web application.

#### 1.2 Lab Organization

This lab will run from the starting date (19th November) until it closes, which is the end of the exam week in January, there is a countdown timer in the web interface. The lab system is publicly available and you can work on the assignments in your own time on the lab computers or your personal laptops. As the server is reachable from the Internet, you can also work from home if you so choose. The progress will be stored on the server so you can come back at any time. You are required to complete the lab yourself. We verify your identity since you need to log in with your LiU-ID. However, you are allowed (and encouraged!) to cooperate to a reasonable degree.

There will be dedicated time slots where the lab assistant - Joakim Argillander - will be available to help you out if you are having problems. Please note that these slots, named Laboration in the schedule, **do not have mandatory attendance**. During the scheduled time, you can call for the teacher's attention by signing up on the help list using the QR-code in fig. 1.1. The help list allows us to keep a fair queue across multiple rooms. Assistance will be provided at a first come, first served basis. Also note that Joakim is not supposed to solve the tasks for you. Plan carefully, because time will be limited for each student.



Figure 1.1: Scan the QR code or visit https://app.waitwhile.com/l/topdog/list-view to sign up on the help list.

For assistance outside of scheduled lab sessions, please send an e-mail to Joakim (topdog@groups.liu.se). However assistance outside of the laboration times has lower priority, so it can take a while until your email is answered.

#### 1.3 Deadlines

The lab starts on Friday, the  $10^{th}$  of November 2023 at 18:00. The lab must be finished before 18:00 on the  $14^{th}$  of January 2023. At this time, the assignments will be disabled and no more progress can be done. If you haven't finished the lab by this date you will have to re-take the lab next year.

There is also another, soft deadline. At 18:00 on Sunday the  $19^{th}$  of December 2023 the competitive part of the lab ends and the scoreboard will lock. No more points or medals will be awarded at this point. Remember, the competition is optional, and has no impact on your grades on the course.

When you have finished all mandatory assignments, you are done with the lab. We retrieve your completion status from the TopDog server after the final deadline and report it in LADOK. Hence, there is no need to contact the teacher or examiner when you are done.

#### 1.4 Disciplinary Stuff

Each individual student is expected to perform the lab in order to pass. In addition, you are expected to understand and follow the university-wide rules for disciplinary matters,

and like any other examination you are not allowed to cheat or disrupt examinations.

#### 1.5 Ethics

This lab and what you learn is for educational purposes only. Do not attempt to use these techniques without authorization. If you are caught engaging in unauthorized hacking, most companies will take legal action. Claiming that you were doing security research will not protect you!

#### **1.6** Contact Information

If you have any questions or issues with the lab, please visit the teacher's office or (preferrably) send an email to topdog@groups.liu.se

#### Visiting Address

Room 3A:518 B-building, between entrance 25 and 27 Second floor, A-corridor

### Preparing for the lab

Begin by reading through the entirety of these lab instructions. Also note that we are continuously improving these instructions, so be sure to check the latest version on Lisam.

#### 2.1 Logging In

If you can download this document by yourself, then that means you are registered for the course and you will be able to log in. If you are not registered, you need to contact a study counselor. Newly registered students might also have to wait for 24h before the account is available. Note that course registration is compulsory for all examinations, not just the lab!

Now go to https://snickerboa.it.liu.se and click on "Login via SAML" and login with your LiU-ID. Please note that although you can log in now (and it is good to see if all is well), the assignments will only be enabled after the lab officially starts. In the next step you are free to choose how your name will be displayed on the scoreboard. The scoreboard is publicly available so bear that in mind when choosing a username. Note that once this name is set you can not change it again. However, we reserve the right to ban offensive and/or discriminatory user names for any reason, and it will be reported to the University's disciplinary board.

#### 2.1.1 Account Creation Issues

We have experienced that people with long names associated with their LiU-account have account creation issues. These names have to be manually truncated in the lab system, so if you have an issue logging in for the first time, please contact Joakim.

### Working through the Lab

The lab contains a number of modules that cover different topics in web penetration testing.

#### 3.1 Assignments

In order to pass the lab, you are required to finish all 21 assignments (see section 3.6). In order to prepare yourself for the assignments, there are also lessons which give a gentle introduction to the topic at hand. You can solve the assignments in any order you want.

There are also extra challenges, beyond what we require for a passing grade, if you wish to try your skill. Note that the lab assistant will not help you with the challenges, you have to do your own research here.

#### 3.2 Result Keys

For each lesson and challenge your goal is to retrieve the so-called "result key". When you finish a lesson or challenge, the server detects that "it has been hacked" and gives you the key. Paste this key into the box on top, shown in fig. 3.1. Depending on the assignment at hand, the format of the result key can vary, but it might look something like the following:

3BSuxx3ORkg3zcq7Y7D0m18a46M23AS97RFtaFqE4HN+14NDiafeYaKiDPwUa/xrrDSfHHRohE6d5Up PrJA0nAV15bu6uk0U3G5qs5FFEjE=

Whenever you receive a result key, paste it to the "Submit Result Key Here" box on the top of the screen. Don't even think of brute-forcing the key, there are detection mechanisms in place and this can be considered cheating. Also, each student will get an individual result key, and sharing keys with your friends is easily detected and not allowed.

abinit ne	sult Key Here		Submit
SQLI	njection L	esson	•
Exploit th	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	tion aw in the following example to retrieve all of the rows in the table. be found in one of these rows! The results will be posted beneate th	
	enter the user look up	name of the user that you	
Get th	nis user		
Soar	ch Results		
	d User Name		
		Comment	
12345	user	e Comment Try Adding some SQL Code	
12345 12346	user		
	user OR 1 = 1	Try Adding some SQL Code Your Close, You need to escape the string with an	
12346	user OR 1 = 1 Fred Mtenzi	Try Adding some SQL Code Your Close, You need to escape the string with an apostraphe so that your code is interpreted A lecturer in DIT Kevin Street	
12346 12543	user OR 1 = 1 Fred Mtenzi	Try Adding some SQL Code Your Close, You need to escape the string with an apostraphe so that your code is interpreted	

Figure 3.1: Example of result key and where to paste it.

#### **3.3** Best Practices

It is a good idea to keep notes of how you pass each challenge. While your progress on the server is backed up frequently we can never be too sure. An important part of computer security is to have a disaster recovery plan, and if the database was affected by corruption some written notes can help you recover faster.

#### 3.4 Scoreboard

Whenever you finish a lesson, assignment, or challenge, it will show up on the scoreboard. The scoreboard is public, and anybody can see the progress of the participants.

The scoreboard is just for fun, and in order to pass you are only required to finish the assignments. If you have finished the assignments and want more points, you are welcome to try the challenges. Again: the scoreboard has nothing do with your grade! See fig. 3.2 for an example of what the scoreboard looks like. For each completed lesson, assignment, or challenge you will receive points, so the more challenges you finish, the more bragging rights you have. Also, harder challenges give more points.

Your name will not appear on the scoreboard until you have finished your first challenge. Also, there are medals! A gold medal is awarded to the student who finishes a lesson or challenge nobody else has finished yet. A silver medal is given to the second one, and bronze to the third. In the scoreboard there will therefore be users with medals in addition to the normal point score. These medals are not worth any points, but will be used as tiebreakers in the competition. In order to break a tie, we first count the gold medals, then the silver medals, and then the bronze medals. After this, we will draw lots if needed.

But remember, the scoreboard is just for fun. It has nothing to do with actually passing the lab.

### **TOPDOG HACKING CHALLENGE**

TSIT01 and TSIT02 Computer Security

1: 😒	8 10 9							2612
2:	<b>1 10 10</b>						2481	
3:	6 1					2341		
4:					2222			
5:	13 8 S			2094				
6:			1704					
7:			1631					
8:		154	1					
9:		140						
10: 📖	<b>1</b>	139						
11:	14	9						
12:	14	5						
14:	1403							
15:	<b>5 1</b> 1403							
16:	1365							
21:	1351							
22	1350							
23:	1334							
24:	<b>2</b> 1328							
25:	1324							
27:	1320							
28	1310							

Figure 3.2: The TopDog scoreboard from 2016. Note the medals on some of the usernames.

#### 3.5 List of Lessons

The following lessons are available: Broken Session Management Cross Site Request Forgery (CSRF) Cross Site Scripting (XSS) Failure to Restrict URL Access Insecure Cryptographic Storage Insecure Direct Object References Poor Data Validation Security Misconfiguration SQL Injection Unvalidated Redirects and Forwards

#### 3.6 List of Assignments

Below are the required assignments (there are hidden hints!): Session Management Challenge 1

Poor Data Validation 1 Cross Site Scripting 1 Session Management Challenge 2 Session Management Challenge 3 SQL Injection 1 SQL Injection 2

Insecure Cryptographic Storage Challenge 1 Insecure Cryptographic Storage Challenge 2

Insecure Direct Object Reference Challenge 1 Insecure Direct Object Reference Challenge 2 Poor Data Validation 2 Failure to Restrict URL Access 1 CSRF 1 Cross Site Scripting 2

Session Management Challenge 4

Failure to Restrict URL Access 2

Cross Site Scripting 3

Insecure Cryptographic Storage Challenge 3

SQL Injection 3

**Insecure Direct Object Reference Bank** Observe that the account name needs to be unique, otherwise you will just get the message "An Error Occurred! You must be getting funky! Could not create account!")

5.8

### Contributing to the lab

We think that this lab is a great way to teach important concepts in information security, and want to encourage you to submit your ideas and feedback to us. Do visit our internal project page, where you can help us out! This is the LiU GitLab server, and there are several ways of helping out.

#### 4.1 Submit a Bug Report

If you run into a bug, you are encouraged either to contact us directly, or file a bug report on GitLab. Click the link shown in fig. 4.1 and fill out the details. The more specific you can be, the more you will be able to help us out!

#### 4.2 Ideas for Enhancements

You can file more than just bug reports! If you feel something is missing, or something could be done better, you can also submit enhancement ideas.

#### 4.3 Fork It!

Are you familiar with git? If yes, then you can contribute even more! Fork the repository, commit your own changes, and then send us a merge request (sometimes called a pull request). If you need help, please see the official documentation.

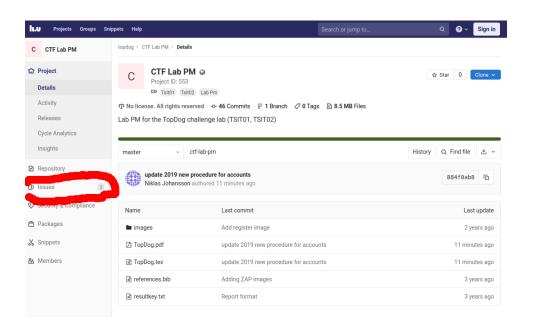


Figure 4.1: Click on Issues to file an issue report.

### Frequently Asked Questions (FAQ)

This section will be updated with frequently asked questions about the lab.

#### 5.1 I am Stuck, What Should I Do?

First make sure you have read through the whole lab instructions. Secondly, consult and discuss with a friend (this is the best way of getting new ideas). Lastly, use the assistant's drop-in time slot (see section 1.2).

#### 5.2 There is Something Wrong With the Server!

First check that your Internet connection is working and that your attack proxy isn't giving you problems. If the TopDog server is unavailable, or if there's some *technical* issue with it that has nothing to do with the lab itself, first wait a few minutes. If it doesn't come back it might be an outage (planned or unplanned). If we are doing some planned work on the server this will be posted on Lisam.

If the server is still down and there's nothing on Lisam saying it's a planned outage, the server might be down. Please send an e-mail to the lab assistant, see section 1.6.

#### 5.3 I Can't Access the Network After Configuring ZAP

If this happens or if you can't proceed by choosing to "accept the risk" of an untrusted certificate, then you can export the certificate from ZAP and import it into Firefox.

Start by going to

ZAP > Tools > Options > Dynamic SSL Certificates,

and Save the certificate (see fig. 5.1).

Now you have to import the certificate in Firefox. Go to

```
Preferences > Privacy and Security > Certificates > View Certificates...
```

and click "Import" (see fig. 5.2).

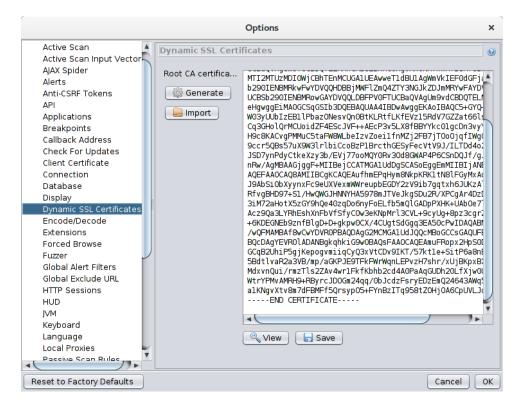


Figure 5.1: Click on save to export the certificate.

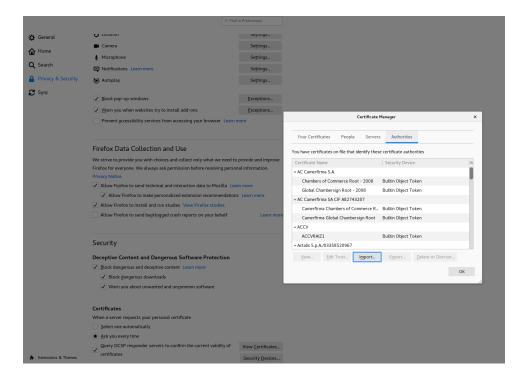


Figure 5.2: Click import and point to the ZAP certificate.

Downloading C	ertificate X
You have been asked to trust a new Certificate Authori	ity (CA).
Do you want to trust "OWASP Zed Attack Proxy Root	CA" for the following purposes?
$\checkmark$ Trust this CA to identify websites.	
✓Trust this CA to identify email users.	
Before trusting this CA for any purpose, you should ex procedures (if available).	xamine its certificate and its policy and
View Examine CA certificate	
	Cancel OK

Figure 5.3: Click import and point to the ZAP certificate.

You will now get a pop-up where you verify that you trust the certificate (see fig. 5.3). Fill in the two boxes, hit OK, and you are done.

#### 5.4 Can I Get Bonus Points For the Exam?

The scoreboard and its points, bonus points, and medals is for fun only. They have absolutely nothing to do with passing the lab or with the examination of the course. The lab assistant can see how many assignments you have finished, independently of the scoreboard.

#### 5.5 I Finished the Lab and Want Something More Challenging!

Try your skills on the challenges! If this is still not enough, check out appendix B!

#### 5.6 I Didn't Get a Result Key, Only "Key Should be here! Please refresh the home page and try again! If that doesn't work, sign in and out again!"

This is a bug has happened in older versions. We *hope* that this issue has now been solved, but if it does happen, please contact us (section 1.6) and we'll help you.

#### 5.7 The Result Key in the Insecure Crypto Challenges Isn't Working!

Make sure you check that you've got UPPERCASE/lowercase correctly. Some online calculators will mess this up. Also make sure it handles spaces correctly.

#### 5.8 In the Insecure Direct Object Reference Bank Challenge, There's no Money Left

It can happen that the total amount of money is too small to pass the lab. In this case, contact us at section 1.6 and we'll fill up bank with some more money to steal!

#### 5.9 I Love Computer Security and I Want To Learn More!

We think so, too! Check out some of our other courses, for instance TSIT03 Cryptology that is given every first half of the fall semester. Also, check out the courses TDDD17 Information Security, Second Course and TDDC90 Software Security given at the Department of Computer Science. If you want more challenges, we've added some information in appendix B.

We also offer courses in quantum technology which has a lot of applications in security, for example unbreakable ciphers and quantum key distribution. Check out the courses TSIT11 Quantum Algorithms and Quantum Information, TSIT12 Quantum Electronics and Quantum Optics and TSIT13 Quantum Communication if you are interested in physical layer security and cutting-edge technology.

### Appendix A

### Tools

Penetration testing requires you to have a large and diverse toolbox. In this lab, you will mostly use online tools (that you'll have to find yourself) and one offline tool: ZAP. The online tools can be things such as online calculators, hex-to-dec-converters, decryption tools for cryptographic algorithms etc. Use Google! Also, the slides from the lab preparation lecture will be of use to you.

#### A.1 Viewing the Source Code

The first step in most web attacks is usually to look at the source code. This will show you the raw HTML/CSS/JavaScript that builds up the page. For a quick reference on what the HTML tags do, check out the W3 HTML Reference<sup>1</sup>. Figure A.1 shows the source code of one of the modules.

There are two main ways to view source code. The "traditional" way is to use the View Source feature found in most web browsers. Right-click the page and select "View Source". You can also use the "inspect" feature to view the source related to a particular item on a page by right-clicking it and selecting "Inspect" or "Inspect Element", depending on your web browser.

In the TopDog challenge you must remember that the web modules are located in an **iframe** in the web page. You must therefore click *inside* the module itself and select "View Frame Source", or "This Frame" followed by "View Source" as shown in fig. A.2 (this example assumes you are using Firefox). Otherwise, you will be reading the source code of TopDog itself and not the module.

#### A.2 Browser Developer Tools

Apart from inspecting the source code, many modern browsers' developer tools have built-in network monitors that are capable of showing the requests that make up the web page. Firefox's is particularly good for this. The network monitor works like a proxy and can be used as an alternative to ZAP, with the caveat that the network monitor does not intercept requests ("pause"), and instead has to re-send them. This implies that, if the site restricts duplicate requests (as any site should do), simply re-sending requests

<sup>&</sup>lt;sup>1</sup>http://www.w3schools.com/tags/

```
<h2 class="title">Failure To Restrict URL Access Challenge 1</h2>
To recover the result key for this challenge you need to obtain the current server status message from an administr
     <br/>
     <br/>
    Use this form to view the status of the server <!-- from the point of view of a peasant or guest -->
     <br/>
     <br/>
     <form id="leForm" action="javascript:;">
         <div id="submitButton">
             <input type="submit" value="Get Server Status"/></div>
Loading
<div style="display: none;" id="hintButton"><input type="button" value="Would you like a hint?" id="theHint"</pre>
         </form>
     <div id="resultsDiv"></div>
~/m
```

Figure A.1: An example of a source code of a module.

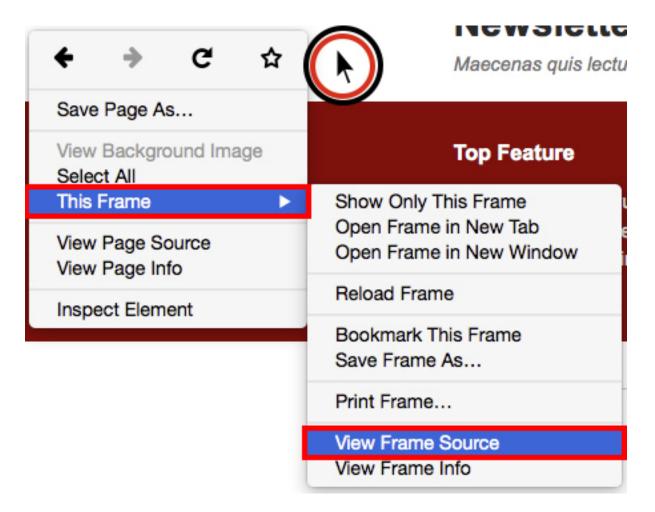


Figure A.2: How to view only the source of the iframe containing the module.

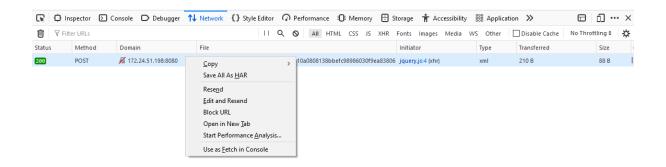


Figure A.3: Firefox developer tools network monitor.

will not work. However, refer to section 1.5 as to why you shouldn't try this on proper sites. Figure A.3 shows the interface for Firefox's built-in network monitor (opened by Ctrl+Shift+I and selecting the tab *Network*) where you can inspect and re-send, and even edit the requests before re-sending. Firefox's network monitor is able to change request parameters such as HTTP-headers, cookies, and the request body.

#### A.3 The Zed Attack Proxy (ZAP)

ZAP is the Zed Attack Proxy by OWASP<sup>2</sup>. This is the other tool you can use to modify HTTP packets sent between your web browser and the web server. An attack proxy is the most important tool for pentesting web applications. There are of course other attack proxies for you to use, but ZAP is the tool we can help you with during the coaching sessions. ZAP runs on Windows, Linux and OSX and requires Java 7 or higher.

#### A.3.1 Configuring ZAP

Installing ZAP is easy. If you don't have Java, the installer will help you download and install it. If you have any trouble, check the ZAP Quick Start Guide<sup>3</sup> or the ZAP Wiki<sup>4</sup>. Upon first startup, ZAP will ask you if you want to persist the session. It's safe to say yes. After starting up, you will see the ZAP interface as shown in fig. A.4.

In order to use the attack proxy, you will need to configure your web browser to connect through it. Here, it is recommended that you download and install a secondary web browser to your computer, so that you have one normal browser (for googling and general browsing) and one "attack browser" for use with TopDog. Otherwise, ZAP will intercept all your HTTPS sessions (i.e. also your general web browsing), which is very annoying.

By default, ZAP listens to connections on port 8080. Therefore, configure the attack browser (the one you use for TopDog) to use localhost:8080 as the proxy configuration for HTTP and HTTPS protocols.

 $<sup>^{2}</sup> https://www.owasp.org/index.php/OWASP_Zed_Attack_Proxy_Project$ 

<sup>&</sup>lt;sup>3</sup>https://github.com/zaproxy/zaproxy/releases/download/2.5.0/

ZAPGettingStartedGuide-2.5.pdf

<sup>&</sup>lt;sup>4</sup>https://github.com/zaproxy/zaproxy/wiki/Introduction

<b>V</b> Untitled Session -	OWASP	ZAP 2.4.3						_		×
Eile Edit View Analyse Rep	art Tools Or									
					2 💥 📾		2			
Sites +			C=		oonse (	+	9			
Contexts Context Context Sites		3	Welcome 1 ZAP is an easy to use Please be aware that To quickly test an app	integrated penetral you should only atta	ion testing ick applicat	tool for finding vulner: tions that you have be	abilities in web app	lications.	mission to test	
			URL to attack:	http://					Select	1
				Attack		Stop				2
			Progress:	Not started						
🗂 History 🔍 Search 👎	J Alerts	Output 🛉	For a more in depth to If you are using Firefor Configure your brows Or point your browset	x 24.0 or later you ca er: Plug-n-Ha	an use 'Plu ack	g-n-Hack' to configure	e your browser:		on tests while p	proxying thro
Filter:OFF										
Id Reg. Timestamp	Method	URL	Co	de Reason	RTT	Size Resp. Body	Highest Alert	Note	Tags	E
			9							
Alerts 🏴 0 🔑 0 🔑 0						Curr	ent Scans 🥮 0   🖣	0 6 0	0 🖗 0 🎯	<u>}0 </u> ₩

Figure A.4: Overview of the ZAP interface. 1. Menu Bar – Provides access to many of the automated and manual tools. 2. Toolbar – Includes buttons which provide easy access to most commonly used features. 3. Tree Window – Displays the Sites tree and the Scripts tree. 4. Workspace Window – Displays requests, responses, and scripts and allows you to edit them. 5. Information Window – Displays details of the automated and manual tools. 6. Footer – Displays a summary of the alerts found and the status of the main automated tools.

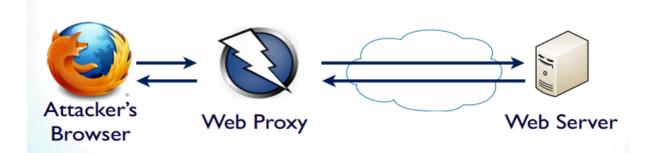


Figure A.5: Schematic of the attack proxy

	Connection Settings		
Configure Prox	xy Access to the Internet		
	proxy settings for this net <u>w</u> ork proxy settings		
• Manual prox	y configuration		
HTTP Pro <u>x</u> y	localhost	<u>P</u> ort	8080
	✓ Use this proxy server for all protocols		
SS <u>L</u> Proxy	localhost	P <u>o</u> rt	8080
<u>F</u> TP Proxy	localhost	Po <u>r</u> t	8080
SO <u>C</u> KS Host	localhost	Port	8080
	oxy configuration URL	R	eload
	.orgnet.nz, 192.168.1.0/24 ocalhost, 127.0.0.1, and ::1 are never proxied.		
	pt for authentication if password is saved		
Proxy <u>D</u> NS v	vhen using SOCKS v5		
Proxy <u>D</u> NS v Ena <u>b</u> le DNS (	•		
Ena <u>b</u> le DNS (	•		~



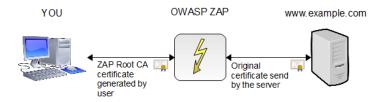


Figure A.7: Schematic diagram of ZAP when dealing with HTTPS traffic.

For instance, the configuration<sup>5</sup> for Firefox is shown in fig. A.6. Instructions for configuring proxy settings for Chrome can be found here: https://support.google.com/chrome/answer/96815.

Now, using the attack browser, go to the TopDog page: https://snickerboa.it. liu.se. It might be that your browser gives a warning about your connection being insecure since ZAP decrypts and re-encrypts HTTPS traffic (see fig. A.7). Remember that we talked about this in the lecture. You will have to accept the ZAP certificate and add it as an exception to the attack browser.

#### A.3.2 Intercepting HTTP(S) Traffic With ZAP

Now you can browse around in TopDog and see that the traffic appears in ZAP. In the left-hand pane you see Sites. Expand it and you see the site https://snickerboa.it.

<sup>&</sup>lt;sup>5</sup>http://www.wikihow.com/Enter-Proxy-Settings-in-Firefox

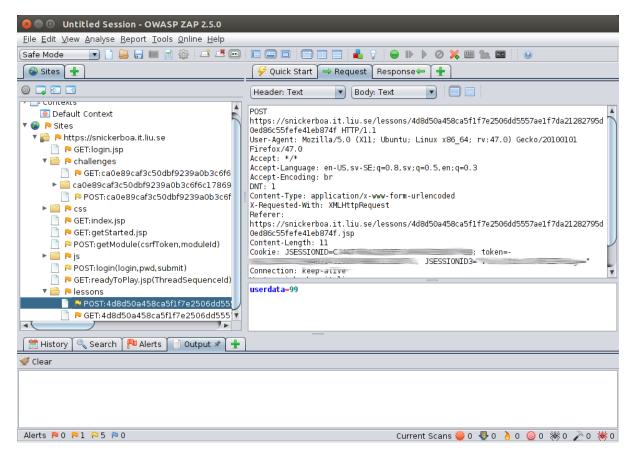


Figure A.8: Screenshot of ZAP showing a HTTP request package sent from the web browser to the web server. The request belongs to the lesson module for cross-site scripting. In the lower right side you can see userdata=99, which means that the request contains POST data from a form with the variable userdata set to the value 99.

liu.se. Inside, you see the different requests (mainly GET and POST) that were made to the server.

On the main pane (the window that says "Welcome to OWASP...") there are three tabs on top: Quick Start, Request, and Response. The Request tab shows the request sent by the web browser and the Response tab shows the response by the web server. See fig. A.8 for an example of a request package. Figure A.9 is an example of a response package.

Now we want to capture a HTTP response for ourselves. Begin by pressing the green circle (see fig. A.10) so that it turns red. ZAP will now capture all requests that pass through it. Then, in your attack browser, perform some action that sends a HTTP request, like clicking a link or a button. ZAP will then pop up, showing you the packet it captured (just like in fig. A.8). You can now modify the packet before sending it on, or just forward it without modification. Either way, press the **step** button to pass the request on to the server and capture the next packet.

The web server will then process the request and reply with a HTTP response. Since you clicked **step**, ZAP will capture this request as well and show it to you, just like in fig. A.9. Now, click the **play** button which will deactivate the break point entirely and send the response back to the attack browser. We recommend using Firefox as your attack

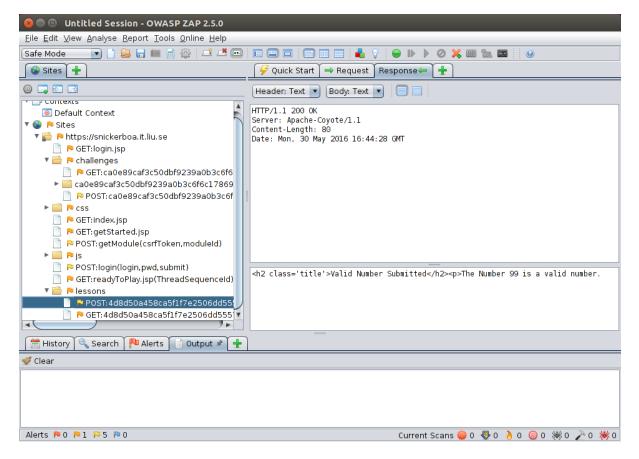


Figure A.9: ZAP showing a response packet from the web server to the web browser. The body of the response shows a HTML-encoded text saying that "the number 99 is a valid number".

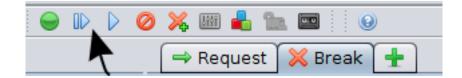


Figure A.10: The important Break, Step, and Play buttons in ZAP (the three leftmost buttons)

browser.

ZAP has many more features, but for this lab you only need to concern yourself with the break/step/play features. Note that the web browser will be stuck on "loading" until ZAP has sent both the request and response to their destinations.

## Appendix B Capturing The Flag

TopDog is what the hacking community calls a CTF, or Capture The Flag. CTF:s are a good way of practicing one's skills in order to become better at pentesting, reverseengineering, cracking, etc. It is common for security conferences to have CTF competitions where teams try to solve a number of challenges set up by the organizers. Prizes are usually awarded for the teams who finish first.

If you found this lab course interesting and want more CTF challenges, check out this list: https://captf.com/practice-ctf/.

### Appendix C

### About This Document

This lab memo is intended for students of the computer security courses TSIT01 and TSIT02 at Linköping University.

#### C.1 Changelog

- **2021** Revised for the 2021 course. Changed contact email and instructions for lab sessions on campus.
- **2020** Revised for the 2020 course. Added information about using browser developer tools to solve challenges.
- 2019 Lab has now been integrated with LiU-ID login.
- **2017** Revised for the 2017 course.

**2016** Initial version.

#### C.2 Acknowledgements

This lab owes its existence to Anders Märak Leffler who brought this software to my attention back in 2015. I also want to thank the OWASP Foundation and the OWASP chapter in Gothenburg for help with getting started. Thanks to the LiU IT department who was willing to set up and support a web application server that, contrary to all common sense and in violation of probably a dozen IT policies, contains all kinds of web vulnerabilities. Also thanks to Niklas Johansson for helping me get all the lab details straight and, of course, prof. Jan-Åke Larsson, who gave us the go-ahead to build what is probably going to be a very interesting lab course.

Linköping, November 2016 Jonathan Jogenfors