TESTING POSITIVE Tricks of the "Transformation Trade"



THANK YOU!



<u>WARNING!!!</u>

- I'm 25 yrs in and feel like we are going backwards
- I respect everyone in this room as a peer that can help solve the hard problems TOGETHER
- My opinion is my own, but I bet a few of you share it =)
- Status quo is unacceptable
- No matter what stupid example I use, its to make it light hearted and not INTENDED to offend
- My finger of blame points with one finger forward but 3 at myself
- If you disagree or want add something in SPEAK UP! I don't bite.
- I don't have all the answers, but I am trying to figure it out.
- I'll work hard to not waste your time
- If I use language that is not "appropriate" it is likely because "im a dumb American" and have a limited vocabulary, opposed to my interest in offending you.







WDVN



DAMOVO

SECURITY



SERVICES

POWERED BY

LARES

















NO PEN TESTING









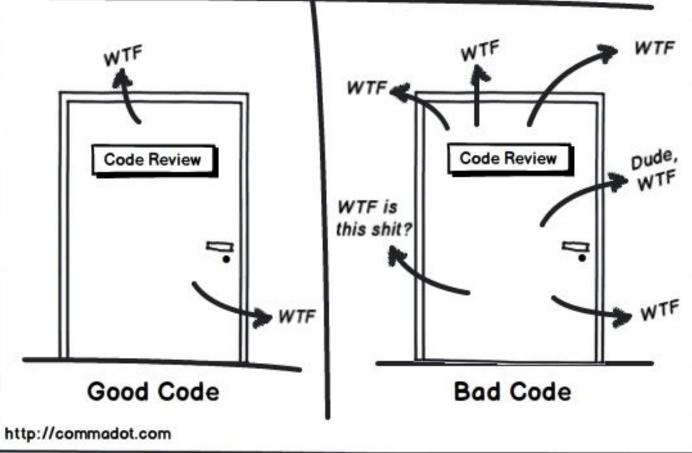








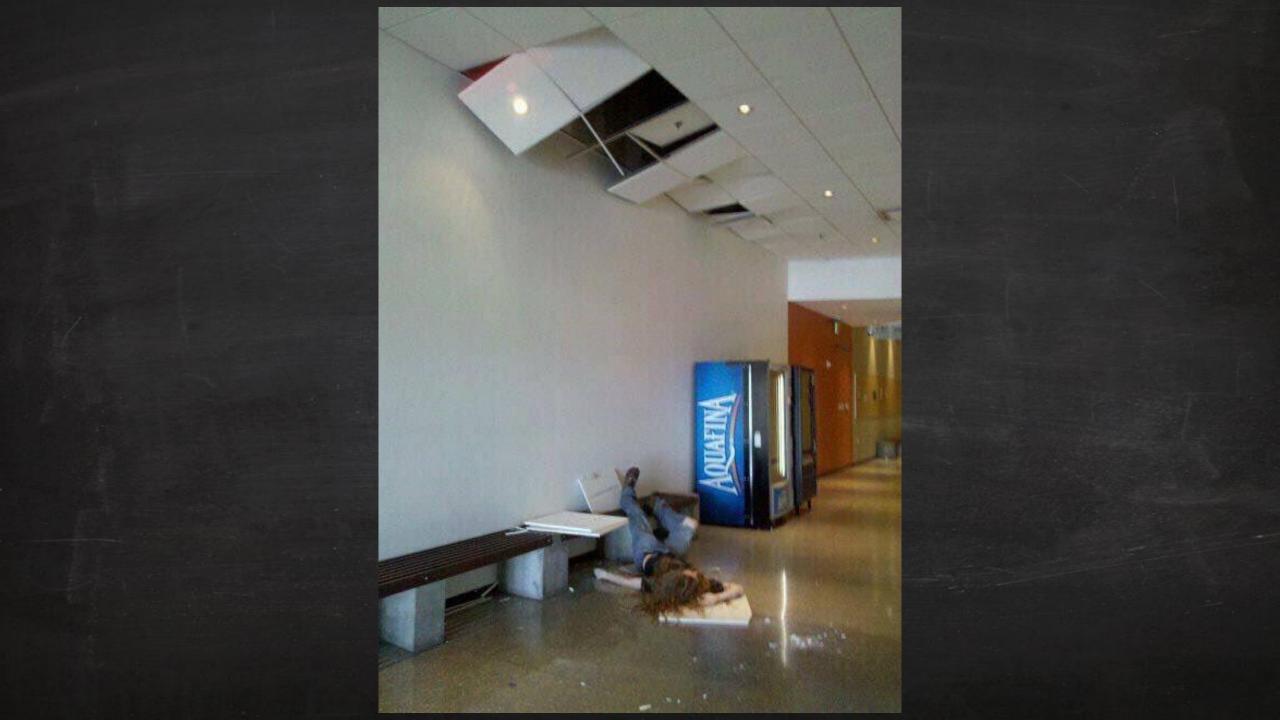
Code Quality Measurement: WTFs/Minute







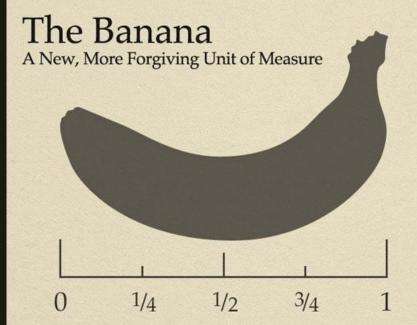








Sometimes close enough is good enough, and when it isn't, it's still all you're gonna get!



DO USE IT FOR

Estimates and loose approximations that can be fudged as needed or desired.



"Almost caught me a 2.5 banana beauty!"

"No silly, get me the purse that's 13/4 bananas wide."



DON'T USE IT FOR

Building, legal language, accounting, medicine, military purposes, or any other use that



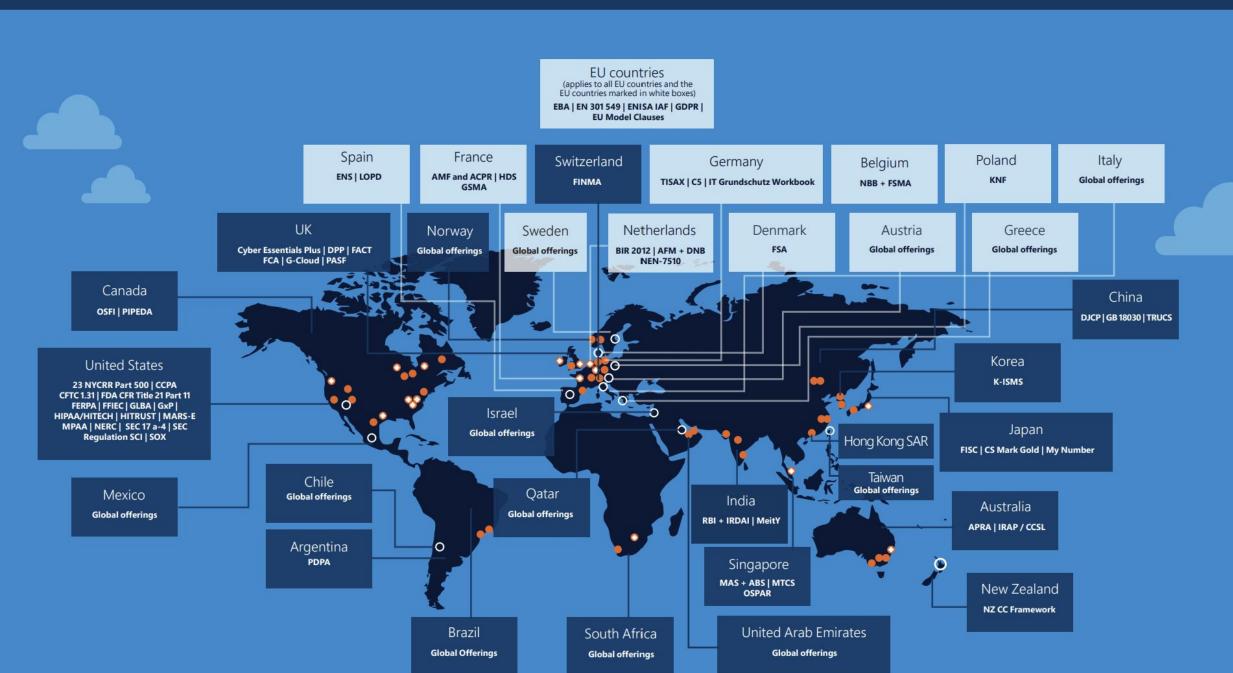


"Little Johnny
is 7 bananas
tall already!" howtobeadad.c

OUR SCALES ARE BROKEN

So many negatives!!!!





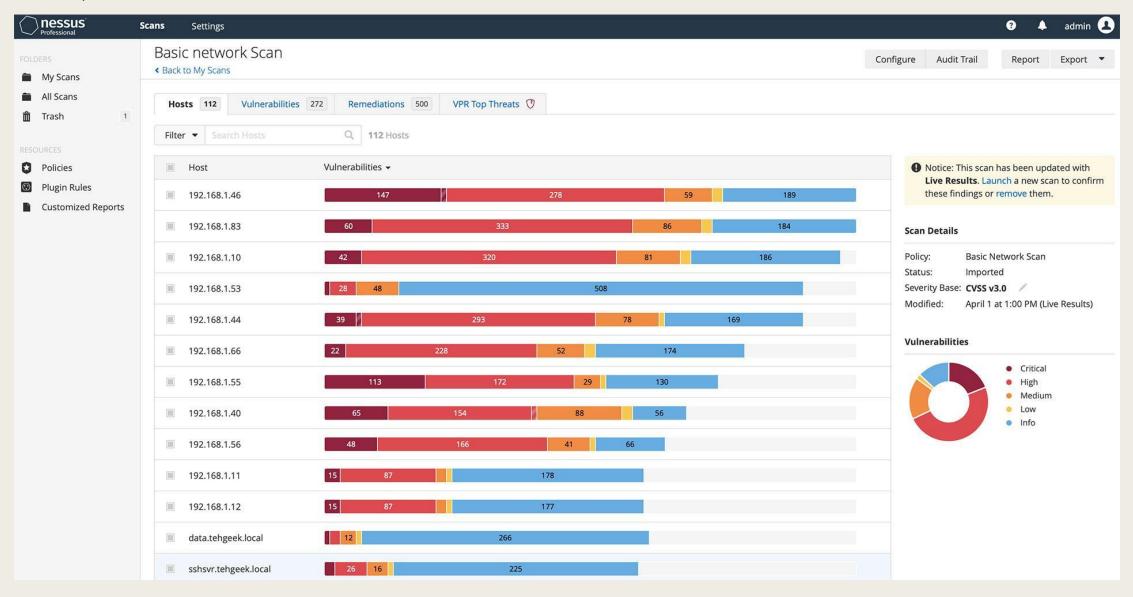
Someone once said that under the bell jar of compliance, the only thing that blooms is rage

Jane Fonda

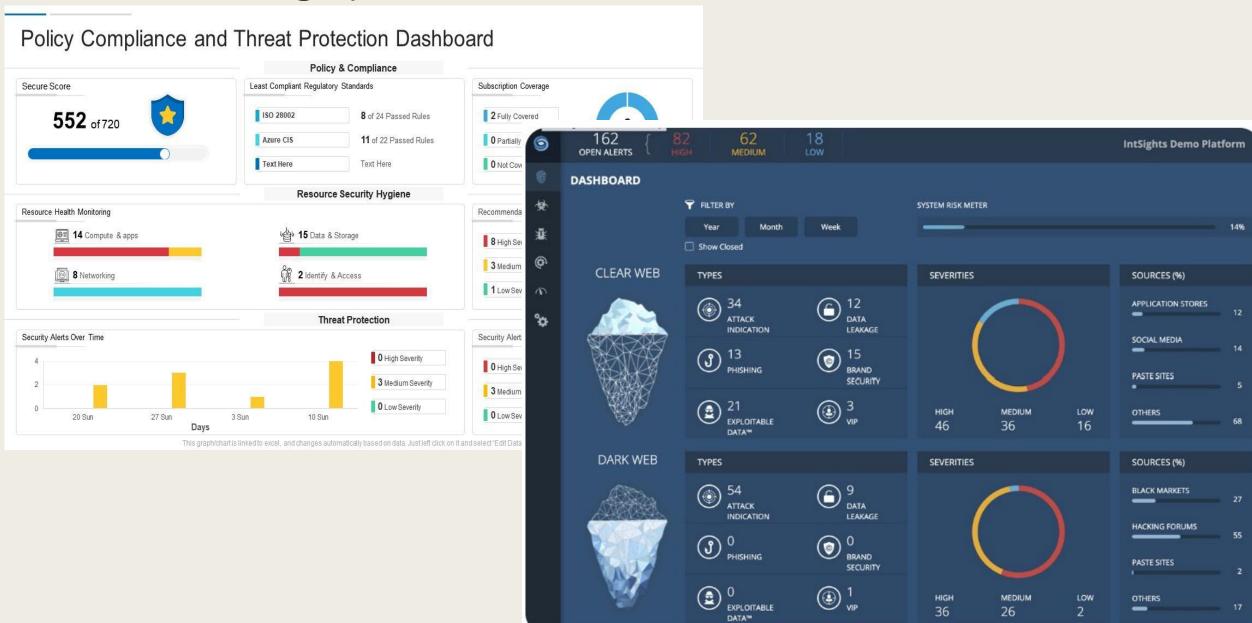
PICTURE QUOTES . com.



Hrm, Looks bad?



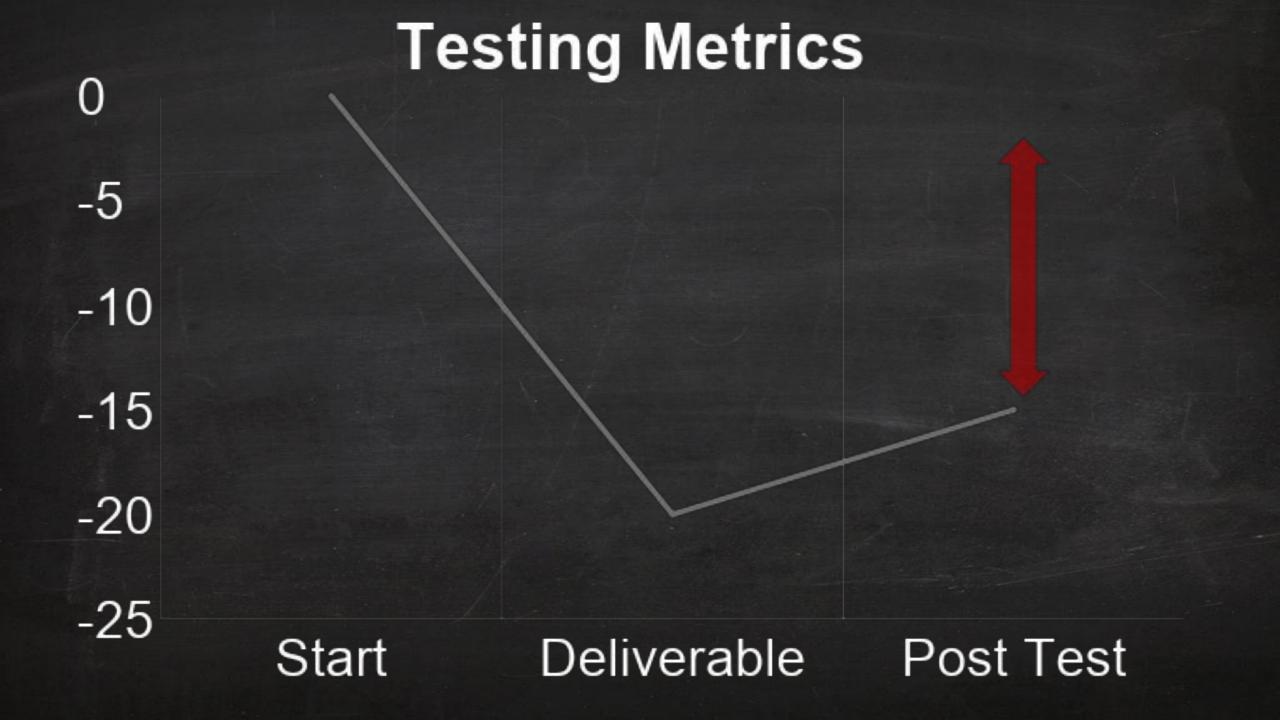
What do these graphs tell me?







DE-CONSTRUCT TO RE-CONSTRUCT



Traditional Results

- Blame and Shame for Vulnerabilities
- Limited metrics
- Limited repeatability
- Nonstandard terminology
- Success of one team is determined by the failure of another
- Limited to no collaboration
- Limited to no OWNERSHIP of the debt created by the test
- Emotionally toxic
- Tests of design NOT Effectiveness



FIRST, WE MUST BUILD POSITIVE RELATIONSHIPS

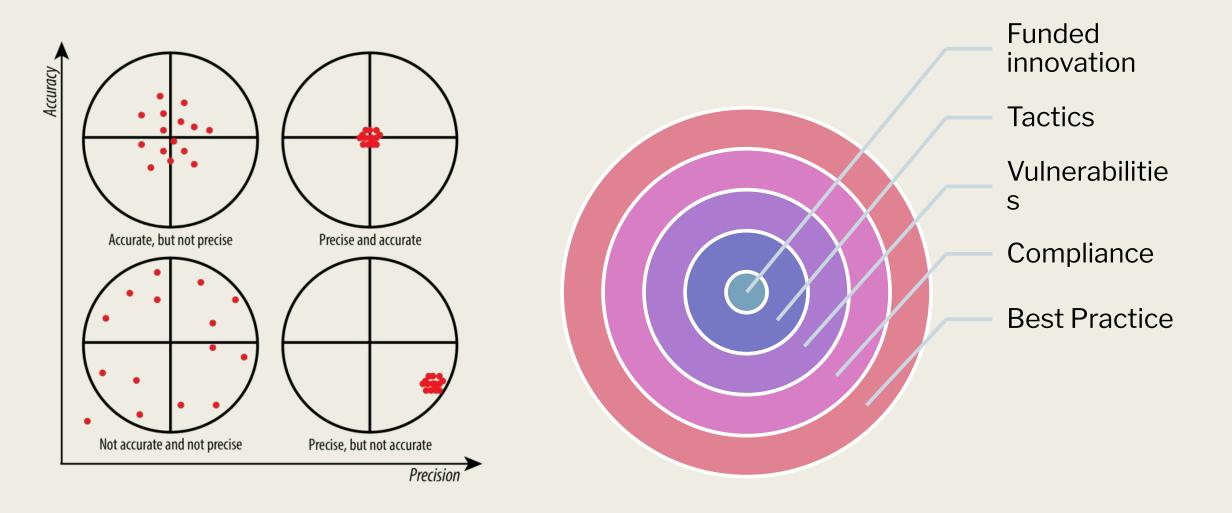
Shame and Blame do not BUILD a program.

Starting with positive intentions

- Reduce the amount of testing debt
- Create team collaboration
- Define suitable boundaries for all parties involved
- Measure everything
- Learn through experience
- Prove that we IMPROVE
- Remove the legacy scale so we can SCALE
- Transition to a proactive security program
- Remove Fear, Uncertainty, and Doubt to be replaced with data to make more informed decisions.
- Build confidence
- ELIMINATE shame / blame
- Leverage cognitive and neuro diversity (360 views)



Precision vs Accuracy



WHAT IS A TTP?

Tactics, Techniques, and Procedures (TTPs) is a key concept in cybersecurity and threat intelligence. The purpose is to identify patterns of behavior which can be used to defend against specific strategies and threat vectors used by malicious actors



How attackers work

MITRE | ATT&CK"

Matrices Tactics Techniques Mitigations Groups Software Resources Blog Contribute Search Contribute Sea

ATT&CK Matrix for Enterprise

show sub-techniques hide sub-techniques Credential Access Lateral Movement Exfiltration Reconnaissance Resource Development Initial Access Execution Privilege Escalation Defense Evasion Collection Command and Control Impact 13 techniques Persistence Discovery 10 techniques 18 techniques 12 techniques 37 techniques 25 techniques 17 techniques 10 techniques 6 techniques 9 techniques 15 techniques 9 techniques 16 techniques 9 techniques Active Scanning (2) cquire Infrastructure (6 ive-by Compromise Command and Scripting count Manipulation (4) ouse Elevation Control use Elevation Control ount Discovery (4) Exploitation of Remote Archive Collected Data (3) pplication Layer Protocol tomated Exfiltration count Access Removal Gather Victim Host Information opromise Accounts of ploit Public-Facing ITS Johs edentials from Passwor plication Window Discovery Audio Capture Data Transfer Size Limits Data Destruction **Exploitation for Client Execution** ess Token Manipulation (5) tores (3) Internal Spearphishing Gather Victim Identit oot or Logon Autostart owser Bookmark Discover Automated Collection ata Encrypted for Impac xternal Remote Services nter-Process TS Jobs **Exploitation for Credential** Lateral Tool Transfer Data Encoding (2) ternative Protocol (3 ormation (3) astructure (6) oot or Logon Autostart Cloud Infrastructure Discovery Clipboard Data ata Manipulation (3 Gather Victim Network evelop Capabilities / ardware Additions oot or Logon Initialization obfuscate/Decode Files or Remote Service Session Data Obfuscation of xfiltration Over C2 ative API Forced Authentication Cloud Service Dashboard lijacking (2) efacement (2) Scripts (5) tablish Accounts hishing (3) ot or Logon Initialization vnamic Resolution Gather Victim Org Information (Scheduled Task/Job /A rowser Extensions ect Volume Access Forge Web Credentials / Cloud Service Discovery Remote Services // filtration Over Other isk Wipe (2) otain Capabilities (6 ata from Configuration rypted Channel (2) twork Medium Compromise Client Software Phishing for Information /2 novable Media Shared Modules Create or Modify System main Policy Modification (*) nout Capture (a) omain Trust Discovery Replication Through dpoint Denial of Service (4) Binary Removable Media allback Channels Exfiltration Over Physical Search Closed Sources (2 Supply Chain Comprom Software Deployment Tools ecution Guardrails Ian-in-the-Middle ile and Directory Discovery Data from Information Medium (1) nware Corruption reate Account /a main Policy Software Deployment Tools gress Tool Transfer Repositories (2) Search Open Technical System Services (2) ploitation for Defense Evasion Modify Authentication twork Service Scanning Exfiltration Over Web hibit System Recovery atabases (5) reate or Modify System Taint Shared Content Data from Local System Multi-Stage Channels Service (2) Valid Accounts (4) User Execution (2) ent Triggered le and Directory Permissions etwork Share Discovery twork Denial of Service (2) ocess (4) Data from Network Shared Search Open letwork Sniffing Use Alternate Non-Application Layer Scheduled Transfer Websites/Domains Windows Management vent Triggered etwork Sniffing Authentication Material (4) Resource Hijacking Instrumentation xecution (15) de Artifacts (7 S Credential Dumping (8) Transfer Data to Cloud Search Victim-Owned Websites sword Policy Discovery Data from Removable Media Non-Standard Port Service Stop External Remote Services iack Execution Flow (1) teal Application Access jack Execution Flow (1 Peripheral Device Discovery Data Staged (2 otocol Tunneling System Shutdown/Reboot Hijack Execution Flow (11) nair Defenses teal or Forge Kerberos mission Groups Discovery (3) Email Collection (3 OXY (4) Implant Container Image dicator Removal on Host (6 heduled Task/Job (6) note Access Software ocess Discovery Input Capture (4) Office Application Startup (alid Accounts (4) Query Registry Man in the Browse Traffic Signaling Pre-OS Boot (5) wo-Factor Authentication querading (6) Remote System Discovery Man-in-the-Middle Web Service (3) Scheduled Task/Job (lodify Authentication Process (4) oftware Discovery (1) Screen Capture Server Software Modify Cloud Compute System Information Discovery Video Capture rastructure (a Traffic Signaling (1 Modify Registry System Network Configuration Discovery Valid Accounts (4) Modify System Image (2) System Network Connections Network Boundary Bridging (1 bfuscated Files or Information (5) System Owner/User Discovery Pre-OS Boot (5) System Service Discovery Process Injection (1) System Time Discovery Rogue Domain Controller Virtualization/Sandbox Evasion (3) Rootkit igned Binary Proxy Execution (11)

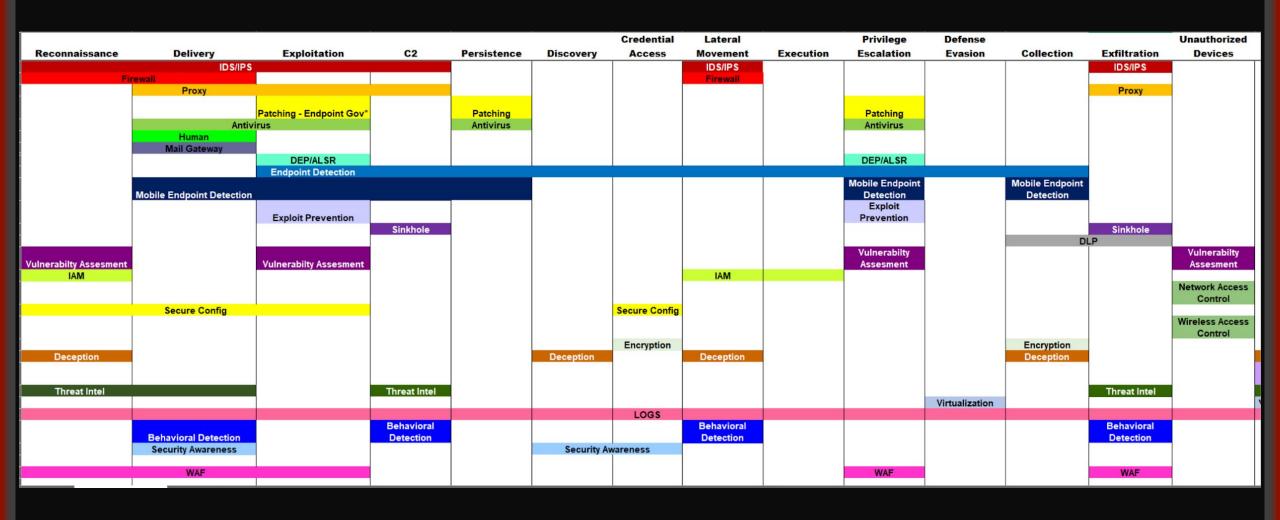
Signed Script Proxy Execution (1)
Subvert Trust Controls (4)
Template Injection
Traffic Signaling (1)
Trusted Developer Utilities Proxy
Execution (1)

Unused/Unsupported Cloud Regions
Use Alternate Authentication
Material (4)

Valid Accounts (4)
Virtualization/Sandbox Evasion (3)
Weaken Encryption (2)
XSL Script Processing

https://attack.mitre.org/

How & Where do our controls meet attackers



Understanding an attack

MITRE | ATT&CK°

Matrices

Tactics -

Techniques ▼

TECHNIQUES

Persistence

Enterprise ^ Reconnaissance Resource Development Initial Access Execution

Credentials from Password Stores

Sub-techniques (5)

Adversaries may search for common password storage locations to obtain user credentials. Passwords are stored in several places on a system, depending on the operating system or application holding the credentials. There are also specific applications that store passwords to make it easier for users manage and maintain. Once credentials are obtained, they can be used to perform lateral movement and access restricted information.

Procedure Examples

ID	Name	Description
S0331	Agent Tesla	Agent Tesla has the ability to steal credentials from FTP clients and wireless profiles. ^[1]
G0016	APT29	APT29 used account credentials they obtained to attempt access to Group Managed Service Account (gMSA) passwords. [2]

Mitigations

ID	Mitigation	Description
M1027	Password Policies	The password for the user's login keychain can be changed from the user's login password. This increases the complexity for an adversary because they need to know an additional password.
	1 olloico	Organizations may consider weighing the risk of storing credentials in password stores and web browsers. If system, software, or web browser credential disclosure is a significant concern, technical controls, policy, and user training may be used to prevent storage of credentials in improper locations.

0	No Detection Controls	No Protection Controls	Lack of coverage
1	Non-Centralized Logging	Partially Deployed	Minimally deployed coverage, manual investigation
2	Centralized Logging, but no	Fully Deployed but	Partially deployed coverage, manual and automated
	Alerts	Defeatable	investigation
3	Centralized Logs, Reactive, Insufficient Alerts, false negatives or positives (Functional)	Fully Deployed, Non- Defeatable	Fully deployed coverage. Automated investigation.Tested effectiveness 80-95%
		Fully Deployed, Non-	Fully functional automated
	Proactive, Requires response, no false positives (Stable)	Defeatable, and Alerting in place	alerting . 95-100% Tested effectiveness

Score yourself against each technique and analyze results.

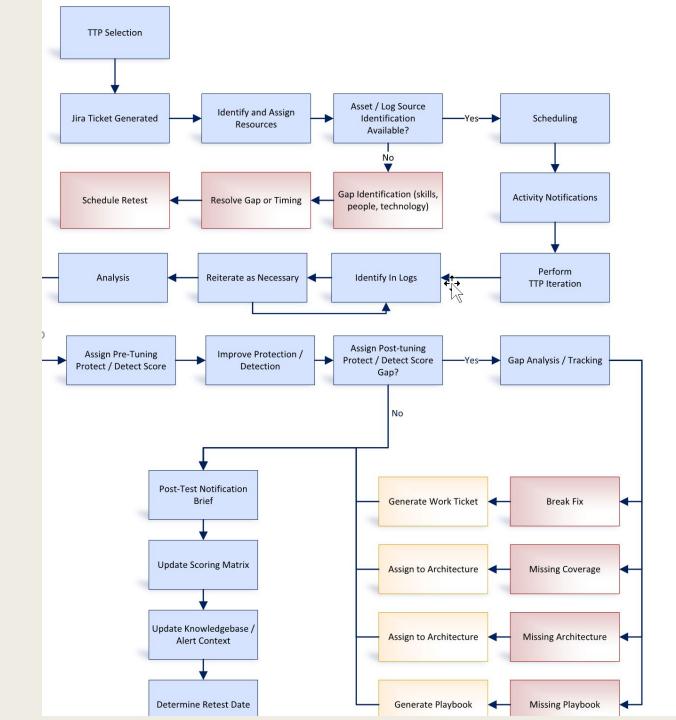
- Ability to Protect
- Ability to detect
- Quality of detection
- Coverage
- Root Cause Analysis of score

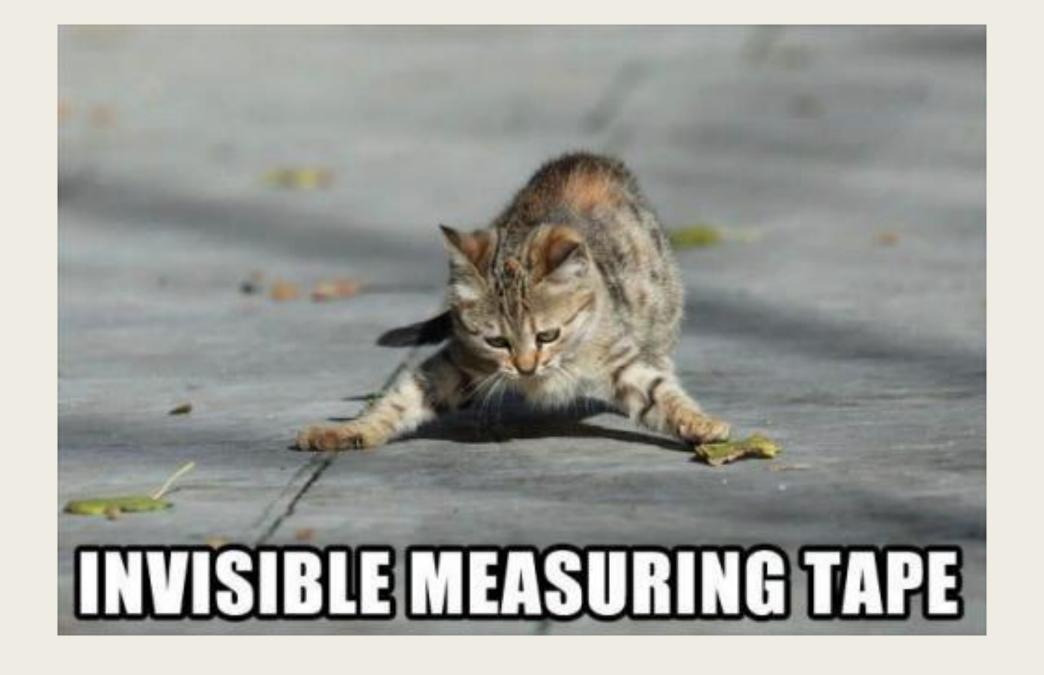
	A	В	С	D	E	F	G	H	I
1	Discovery	Defense Evasion	Execution	Command and Control	Privilege Escalation	Credential Access	Lateral Movement	Persistence	Collection
2		Binary Padding	Command-Line Interface	Commonly Used Port	Accessibility Features	Brute Force	Application Deployment Software	Accessibility Features	Automated Collection
3		Bypass User Account Control	Execution through API	Communication Through Removable Media	Applnit DLLs	Credential Dumping	Exploitation of Vulnerability	Appinit DLLs	Clipboard Data
		Code Signing		Connection Proxy	Bypass User Account Control	Credential Manipulation	Logon Scripts	Basic Input/Output System	Data Staged
	Local Network Configuration Discovery		InstallUtil	Custom Command and Control Protocol	DLL Injection	Credentials in Files	Pass the Hash	Bootkit	Data from Local System
		DLL Injection	PowerShell	Custom Cryptographic Protocol	DLL Search Order Hijacking	Exploitation of Vulnerability	Pass the Ticket	Change Default File Association	Data from Network Shared Drive
		DLL Search Order Hijacking	Process Hollowing	Data Obfuscation	Exploitation of Vulnerability	Input Capture	Remote Desktop Protocol	Component Firmware	Data from Removable Media
8		DLL Side-Loading	Regsvcs/Regasm	Fallback Channels	Legitimate Credentials	Network Sniffing	Remote File Copy	DLL Search Order Hijacking	Email Collection
		Disabling Security Tools	Regsvr32	Multi-Stage Channels	Local Port Monitor	The second secon	Remote Services	Hypervisor	Input Capture
		Exploitation of Vulnerability	Rundli32	Multiband Communication	New Service	NBNS/LLMNR Spoofing	Replication Through Removable Media	Legitimate Credentials	Screen Capture
		File Deletion	Scheduled Task	Multilayer Encryption	Path Interception	Password Filter DLL	Shared Webroot	Local Port Monitor	
	Remote System Discovery	File System Logical Offsets	Scripting	Remote File Copy	Scheduled Task		Taint Shared Content	Logon Scripts	
		Indicator Blocking	Service Execution	Standard Application Layer Protocol	Service File Permissions Weakness		Third-party Software	Modify Existing Service	
		Indicator Removal from Tools	Third-party Software	Standard Cryptographic Protocol	Service Registry Permissions Weakness		Windows Admin Shares	New Service	
		Indicator Removal on Host		Standard Non-Application Layer Protocol	Web Shell		Windows Remote Management	Path Interception	
16		InstallUtil	Windows Remote Management	Uncommonly Used Port	Wdigest Downgrade		Brute Forcing	Redundant Access	
17 18 19		Legitimate Credentials		Web Service			Credential Spraying (WMI, SMB, etc)	Registry Run Keys / Start Folder	
18		Masquerading					Malicious Powershell Usage	Scheduled Task	
19		Modify Registry					Default or Weak Credentials	Security Support Provider	
20		NTFS Extended Attributes					SMB Named Pipes	Service File Permissions Weakness	
21		Obfuscated Files or Information						Service Registry Permissions Weakness	
22		Process Hollowing						Shortcut Modification	
23		Redundant Access						Web Shell	
22 23 24 25 26		Regsvcs/Regasm						WMI Event Subscription	
25		Regsvr32						Winlogon Helper DLL	
26		Rootkit						Password Filter DLL	
27		Rundli32							
28		Scripting							
27 28 29 30		Software Packing							
30		Timestomp							
31		runas /netonly							
32 33 34 35		NTFS Alternate Data Streams							
33		Processes running as SYSTEM							
34		Powershell without Powershell							
35									

Technique	Function	Methods for detection	Methods for protection	Sophistication	Detection	End Maturity	Timing	Protection	Begin Maturity	Confidence	Last Test Date
password/ hash recovery	Authority Subsystem Service (LSASS) is a process in Microsoft Windows operating systems that is responsible for enforcing the security policy on the system. It verifies users logging on to a Windows computer or server, handles password changes, and creates access tokens. (from Wikipedia)	to detect this is to identify processes that are crossproc'd into Isass. The signal to noise ratio here is high, due to the nature of Isass' function. Typically meterpreter uses rundll32 to run, so identifying rundll32 into Isass along with processes injected into winlogon that cross process into Isass will reliably identify malicious activity	An automated password management tool such as CyberArk can be used to randomize passwords and change them after every use, thus decreasing the efficacy of mimikatz as any recovered credential will likely be expired. Further, on all windows 8/2012+ desktops and servers, wdigest should be disabled in accordance with the following KB article from Microsoft: https://support.microsoft.com/en-us/kb/2871997 Enforcing the principle of Least User Access will also help mitigate the effectiveness of mimikatz as it will limit the access provided by the compromised credentials. Lastly, adding some form of Two Factor Authentication, such as smart cards, can further limit the usefulness of the recovered credentials.		Rules written in carbon black to detect cross process activity from rundll32 into Isass Rule written to identify PowerShell crossproc into Isass. Additional rule written to detect an injected process into winlogon with cross process activity into Isass	3	00:00:18	2FA (user-land only), some CyberArk usage, some credentials flushed every 24 hours	1	1	

Create repeatable process to measure the capabilities of your defensive controls.

There is ALWAYS room

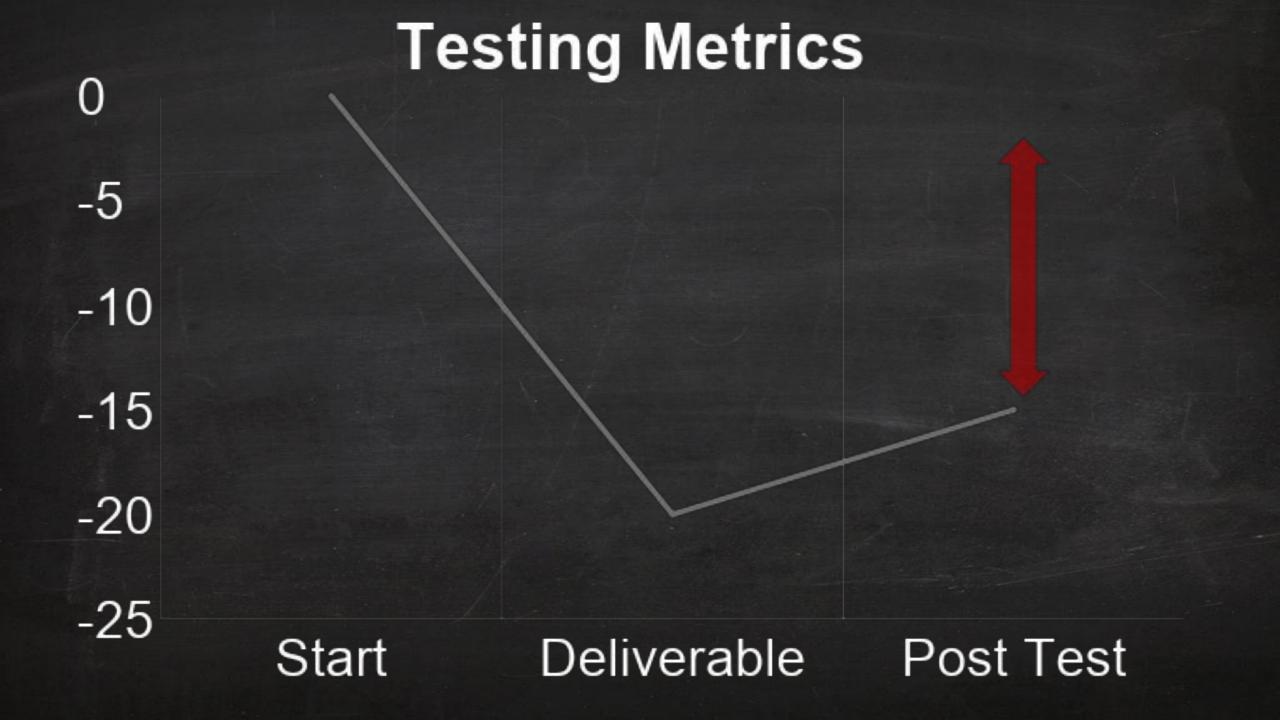




But will we be effective against



https://mitre-attack.github.io/attack-navigator//#layerURL=https%3A%2F%2Fattack.mitre.org%2Fgroups%2FG 0007%2FG0007-enterprise-layer.json



Simulated Testing Loop



-Start →Deliverable →Post Test





Create positive Addiction



Reduce Vulnerability Paralysis



Measure your capabilities



Show continual defensive improvement

TBDL (Too boring didn't listen)

- Always set your intentions on positive results
- Focus on team accountability
- One team One goal
- Eliminate Vulnerability Paralysis
- Bad Metrics = Bad Decisions
- Molon Labe mentality
- Build each other up, don't tear each other down
- Measure everything
- Always be improving
- Create addiction to POSITIVE results
- Educate don't Adjudicate
- Diversity trumps Adversity when Adversity isn't Diverse

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Thank You

April – Chris Nickerson, @indi303

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