

PRESENTATION ABSTRACT: THE WEB SECURITY DOJO

TITLE: WEB SECURITY DOJO – YOUR OWN PERSONAL WEB APP FIGHT CLUB

Format: Presentation with demos and optional follow-on exercises

Length: 45-60 minutes (flexible)

Web Security Dojo is a free open-source training environment for learning and practicing web app security testing. It is ideal for self-paced learning and skill assessment, as well as training classes and conferences since it does not require a network to function. Web Security Dojo contains tools, targets, and documentation pre-installed within a single virtual machine image suitable for Virtual Box or VMware.

This presentation will introduce the audience to the Web Security Dojo, and demonstrate how to get up and running in a few easy steps. Participants are encouraged to follow along as the Web Security Dojo is put through its paces locating and exploiting cross-site scripting (XSS) and SQL injection flaws. The flaws and their potential impacts will be explained (and demonstrated) for those not familiar with web app security.

- * Set up and use the Web Security Dojo
- * Understand two common web flaws, SQL injection and Cross Site Scripting (XSS)
- * Locate and exploit XSS and SQL injection using commonly available free tools.

Anyone wishing to follow-along during the presentation should bring a laptop computer so that they can run the Web Security Dojo virtual machine. Student system requirements are simple:

- any operating system that can run the latest stable version of **VirtualBox** (free from <https://www.virtualbox.org/>). Currently supported operating systems included Windows, Mac, and Linux.

VMWare also works.

- 5 GB of free HD storage
- 2 GB of RAM (more is better)
- wifi networking capability (optional)

Before the presentation please:

- 1) Install the latest stable version of VirtualBox. Optionally you may also install the latest version of “Oracle VM VirtualBox Extension Pack”. Both are free and found here: <http://www.virtualbox.org/wiki/Downloads>
- 2) Download the Web Security Dojo from here: <http://bit.ly/webdojo>
This is a virtual machine image (.OVA file).
- 3) (Optional but recommended) Importing and starting this image will be covered during the presentation, but it is best if you try ahead of time in case there are some conflicts with your setup (such as virtualization capabilities disabled in your BIOS). To try the import process simply **double-click** the OVA

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file. That starts the import process in VirtualBox. Accept the default settings (unless you're sure you know what you are doing). The import process takes about 2 to 5 minutes.

- 4) When the import process is complete you can select that new VM system in VirtualBox then click the green start arrow to boot the system. The username is dojo and the password is dojo (needed if you later install system updates).

SPEAKER

David Rhoades

President, Maven Security Consulting Inc.

<https://www.MavenSecurity.com> A Delaware cybersecurity ethical hacking and training company. Est. 2001

LinkedIn: <https://www.linkedin.com/in/mavensecurity/>

Twitter: @MavenSecurity <https://twitter.com/mavensecurity>