



# **進攻就係最好嘅防守**

# **An Attack is the Best to Defence**

**Presented by MC Lam**



# Why do you need to attack a WordPress?

Why?

01. Compliance Requirement:  
To perform Formal pentest

02. New Hong Kong ordinance  
requirement (?)

03. Avoid illusion of  
Safety



# Illusion of Safety





# 關鍵基礎設施電腦系統 安全條例


- 保安局 – 加強保護關鍵基礎設施電腦系統安全 – 建議立法框架
- 進行電腦系統保安風險評估（至少每年一次）
- 根據 – 立法會保安事務委員會討論文件
- [https://www.sb.gov.hk/chi/special/CI/Panel%20Paper%20\(C\).pdf](https://www.sb.gov.hk/chi/special/CI/Panel%20Paper%20(C).pdf)
  - Page 31 – 風險評估涵蓋的範圍，包括安全漏洞評估（Vulnerability assessment）及滲透測試（Penetration test）



Frequently Asked Questions — Mozilla Firefox

WP talks.pptx - Presentation X 保安局 紅隊演練 - Google Se X study music - YouTube Fire Engine and Ambulance PLAYING Hong Kong Cybersecurity L X Frequently Asked Question X

← → ↻ https://www.sb.gov.hk/eng/ci/faq.html



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The Government of the Hong Kong Special Administrative Region  
of the People's Republic of China

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Home > Proposed legislative framework for enhancing the protection of computer systems of critical infrastructures >

# Frequently Asked Questions

LegCo Papers and relevant materials

**FAQs**

Infographics

Press Releases & Speeches

Multi Media

Relevant Reference Materials

## Proposed legislative framework to enhance protection of the computer systems of critical infrastructure

### FAQs

▼ Question 1: What is the purpose of the proposed legislation? What are the benefits?

- The purpose of the proposed legislation is to strengthen the security of the computer systems of critical infrastructure and minimise the chance of essential services being disrupted or compromised due to cyberattacks, thereby enhancing the overall computer system security in Hong Kong.
- The proposed legislation is conducive to promoting the establishment of good preventive management systems by operators of CI and securing the operation of their computer systems, enabling the smooth operation of essential




<https://www.sb.gov.hk/eng/CI/faq.html>

# What's in my toolbox

- OWASP –ZAPProxy
- WPScan
- ReserveShell
  
- Brupsuite

# ZAP

https://www.zaproxy.org


 [Blog](#) [Videos](#) [Documentation](#) [Community](#) [Download](#)  

## Zed Attack Proxy (ZAP)

by **Checkmarx**


The world's most widely used web app scanner. Free and open source. A community based GitHub Top 1000 project that anyone can contribute to.

[Quick Start Guide](#) [Download Now](#)




### Intro to ZAP

If you are new to security testing.



### Automate with ZAP

ZAP provides range of options for



### ZAP Marketplace

ZAP marketplace contains add-ons



# What can Zaproxy do?



Automatic Vulnerability scan



Marketplace for more additional feature



Manual scan



# ZAP

## DEMO



# What is WPScan

It is a vulnerability Scan tailor-made for WordPress website.

It has community edition  
<https://wpscan.com/>



# How to use WPScan

## (read cheatsheet)

You may use some cheatsheet so that you can quickly get used to WPScan commend.

<https://wpscan.com/blog/wpscan-cli-cheat-sheet-poster/>





Go through the cheat-sheet and  
Demo

# Existing Exploit research / Sharing

Exploit Database - Exploits for Penetration Testers, Researchers, and Ethical Hackers — Mozilla Firefox

Exploit Database - Exploits X +

https://www.exploit-db.com

EXPLOIT DATABASE

☐ Verified ☐ Has App

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# Demo platform introduce

- C0lddbox
- <https://www.vulnhub.com/entry/coldddb0x-easy,586/>

# Explanation – Reserve Shell



# What is ReserveShell?

•

A Shell is a tools which offer to a user (usually administrator) to control a computer. User type "command" to instruct the computer to do something. Shell code will be a set of instruction. Which is repeatable.

Reserve Shell is a tools which instruct the application to offer the shell using. Usually these are hacking tools.

# Example on PHP pentest monkey







# Initial Findings

After using ZAPProxy, WPScan and reserveShell.  
We have the following findings

01. SQL injection pages has been discovered

02. User Credital is weak

03. IReserveShell has not been blocked





# Other tools



# What is Burpsuite community edition?

- What can it do?
- More than vulnerability scanner
- Burp Spider
- (Works as a proxy)