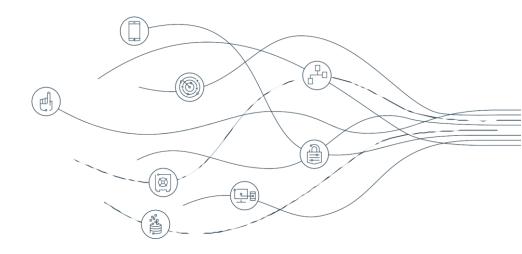
Network Security Tools

Lab 2

Version: 2021.02.08







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Contents

PREFACE	-	4
	Overview	4
	DEPENDENCY	4
	Objectives	4
	Tools	4
	FLOW	5
MILESTO	ONE 1: THE DATA BEHIND YOUR IP ADDRESS	6
	MILESTONE OVERVIEW	
	EXPLORE CENTRAL OPS	6
	MILESTONE SUMMARY	9
MILESTO	ONE 2: COMMAND LINE INTERFACE (CLI)	10
	MILESTONE OVERVIEW	
	MILESTONE SUMMARY	14
MILESTO	ONE 3: OFFENSIVE NETWORK TOOLS	
	MILESTONE OVERVIEW	
	ZENMAP	15
	Install Zenmap	16
	ZENMAP BASIC FUNCTIONALITY	18
	WIRESHARK	19
	Install Wireshark	19
	WIRESHARK BASIC FUNCTIONALITY	
	MILESTONE SUMMARY	21
MILESTO	NE 4: NETWORK PROTECTION PRACTICES	
	MILESTONE OVERVIEW	
	Installing Quad9 on Windows	
	Installing Quad9 on Mac	
	MILESTONE SUMMARY	28

Preface

Overview

To begin this lab, we are going to discover, first-hand, some of the information anyone can pull from your IP address using centralops.net. We will then dive into our personal computers Command Line Interface (CLI) in order to use further commands revolving around our IP Address and security. Cyber threats are always out there; we will utilize Nmap and Wireshark to showcase ways that criminals scan for weaknesses. We will then end the lab with Network Security Best Practices.

Estimated Time to Complete: 60 mins

Dependency

This lab leverages concepts imparted in the Cyber Resilience Framework and Lifecycle lecture.

Objectives

There are four Milestones you must complete:

- 1. Understand the data behind IP Addresses
- 2. Explore your personal Command Line Interface
- 3. Learn about basic tools attackers use to infiltrate your network security
- 4. Cement industry Best Practices into your mind such as enabling a DNS

Tools



Zenmap

Zenmap is the official cross-platform GUI for the *Nmap Security Scanner*. It is a multi-platform free and open source application which aims to make Nmap easy for beginners to use while providing advanced features for experienced Nmap users.



Wireshark

Wireshark is a free and open-source packet analyser; often referred to as a "sniffer". It is used for network troubleshooting analysis, software and communications protocol development, and education. Wireshark is used to examine the details of traffic as data is sent from one connection to the other.

Flow

- 1. The user will access Central Ops and perform ping test, Trace Route and Name Server Lookup.
- 2. The User will access Zenmap through their internet browser and download NMAP software for on premise usage.
- 3. The User will access Wireshark through their internet browser and download the software for on premise usage.

Milestone 1: The Data Behind Your IP Address

Milestone Overview

This lab requires you to complete four Milestones:

- 1. The Data Behind Your IP Address
- 2. Command Line Interface (CLI)
- 3. Offensive Network Tools
- 4. Network Protection Practices

In this Milestone we will introduce a tool for investigating, exploring, and troubleshooting Internet addresses such as domain names, IP addresses, email addresses, and URLs.

Explore Central Ops

- 1. Navigate to centralops.net
- 2. The first thing we are going to do is find your IP Address.
- 3. Under the first section *Domain Dossier*, click on "learn about yourself."

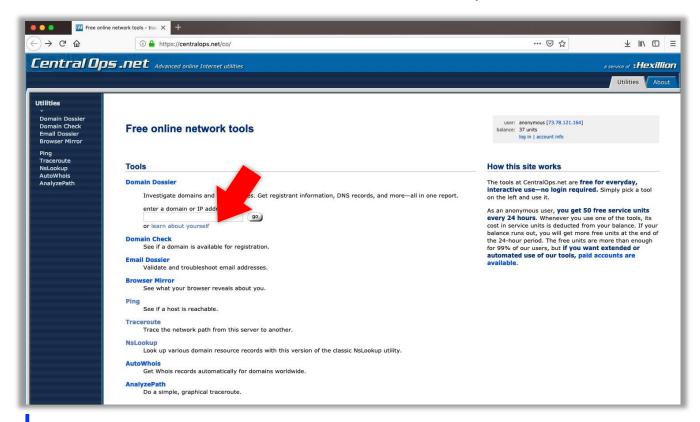


Figure 1-1 Central Ops Website

- 4. Once you have located your own address return to the main menu and navigate to the "Ping" section.
- 5. Input your personal IP Address and hit go.
- 6. Read the results. What was the average and max response time? Was there any packet loss?

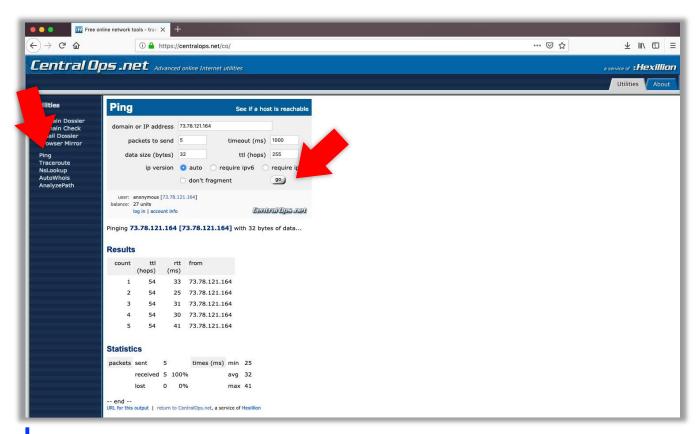


Figure 1-2 Ping Test Results

7. The next tool from the menu we are going to explore is traceroute. From here we can see all the different hops we make as we connect from the CentralOps server in Texas to whichever IP we desire. For this lab input your personal IP Address and hit go.

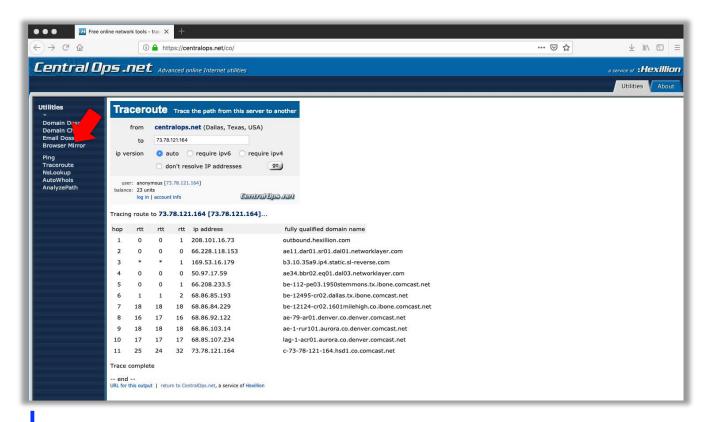


Figure 1-3 Trace Route Results

The last command we will use from centralops.net menu will be the Nslookup (Name Server Lookup).

- Enter the domain of a website you would like to run nslookup against. (I am using www.whatis.com).
- 9. Hit "go".
- 10. Review the Answer records, Authority records, and Additional Records.
- 11. Authority Records will give a little more information on what DNS the server is using.
- 12. Additional Records are other name servers that the site does not recognize as one of their own authorities.

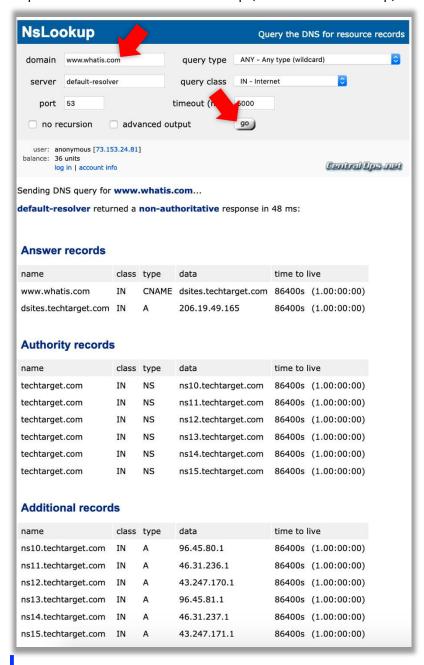


Figure 1-4 NsLookup Results

Milestone Summary

This network tool can be used to investigate domains and IP addresses, trace the information path from one server to the other and perform Query the DNS for resource records.

In the next section we will use Command Line Interface (CLI) to learn how to find network information from our own computer.

Milestone 2: Command Line Interface (CLI)

Milestone Overview

This lab requires you to complete four Milestones:

- 1. The Data Behind Your IP Address
- 2. Command Line Interface (CLI)
- 3. Offensive Network Tools
- 4. Network Protection Practices

In this Milestone we will introduce a way to find network information from our own computer.

Exploring Command Interpreters

The following section will be completed in your personal computer. Windows users will utilize their Command Prompt and MacOS users will utilize their Terminal.

Windows users will find their Command Prompt by tapping the search button on the taskbar and typing cmd. Choose Command Prompt from the menu.

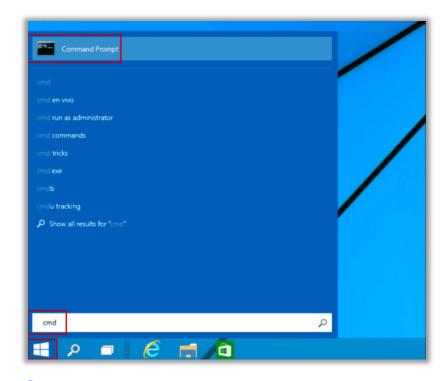


Figure 2-1 Windows Command Prompt Navigation

Mac users will find their Terminal by tapping the magnify glass on the top right of their screen. Type Terminal and hit return.



Figure 2-2 Mac Terminal Navigation

1. The first and most useful command we will utilize is help. This command will provide a menu of all the options you can perform inside your Command Line Interface.

In the command line input:

help

Skim the available options. We will not go through all of them during this lab, but we will be hitting a few from this list.

```
A star (*) next to a name means that the command is disabled.
JOB_SPEC [&]
                                    (( expression ))
 . filename [arguments]
[ arg... ]
                                    [[ expression ]]
alias [-p] [name[=value] ... ]
                                    bg [job_spec ...]
bind [-lpvsPVS] [-m keymap] [-f fi break [n]
builtin [shell-builtin [arg ...]] caller [EXPR]
case WORD in [PATTERN [| PATTERN]. cd [-L|-P] [dir]
command [-pVv] command [arg ...]
                                    compgen [-abcdefgjksuv] [-o option
complete [-abcdefgjksuv] [-pr] [-o continue [n]
declare [-afFirtx] [-p] [name[=val dirs [-clpv] [+N] [-N]
disown [-h] [-ar] [jobspec ...]
                                   echo [-neE] [arg ...]
enable [-pnds] [-a] [-f filename] eval [arg ...]
exec [-cl] [-a name] file [redirec exit [n]
export [-nf] [name[=value] ...] or false
fc [-e ename] [-nlr] [first] [last fg [job_spec]
for NAME [in WORDS ...;] do COMMA for (( exp1; exp2; exp3 )); do COM
function NAME { COMMANDS ; } or NA getopts optstring name [arg]
hash [-lr] [-p pathname] [-dt] [na help [-s] [pattern ...]
history [-c] [-d offset] [n] or hi if COMMANDS; then COMMANDS; [ elif
jobs [-lnprs] [jobspec ...] or job kill [-s sigspec | -n signum | -si
let arg [arg ...]
                                    local name[=value] ...
logout
                                    popd [+N \mid -N] [-n]
printf [-v var] format [arguments] pushd [dir | +N | -N] [-n]
pwd [-LP]
                                    read [-ers] [-u fd] [-t timeout] [
readonly [-af] [name[=value] ...] return [n]
select NAME [in WORDS ... ;] do CO set [--abefhkmnptuvxBCHP] [-o opti
shift [n]
                                    shopt [-pqsu] [-o long-option] opt
source filename [arguments]
                                    suspend [-f]
test [expr]
                                    time [-p] PIPELINE
times
                                    trap [-lp] [arg signal_spec ...]
true
                                    type [-afptP] name [name ...]
typeset [-afFirtx] [-p] name[=valu ulimit [-SHacdfilmnpqstuvx] [limit
umask [-p] [-S] [mode]
                                    unalias [-a] name [name ...]
unset [-f] [-v] [name ...]
                                    until COMMANDS; do COMMANDS; done
variables - Some variable names an wait [n]
while COMMANDS; do COMMANDS; done { COMMANDS ; }
Bens-MacBook-Pro:~ BenLaRue@ibm.com$
```

Figure 2-3 Available Help Options

2. In the spirit of the previous section let's continue looking at IP commands

Mac users: In the command line input:

ifconfig

Windows users: In the command line input:

ipconfig

The ipconfig or ifconfig displays all current TCP/IP network configuration values and refreshes the Dynamic Host Configuration Protocol (DHCP) as well as the Domain Name System (DNS) settings.

```
Bens-MacBook-Pro:~ BenLaRue@ibm.com$ ifconfig
XHC1: flags=0<> mtu 0
100: flags=8049<UP,LOOPBACK,RUNNING,MULTICAST> mtu 16384
        options=1203<RXCSUM, TXCSUM, TXSTATUS, SW_TIMESTAMP>
       inet
                       netmask 0xff000000
       inet6 :: 1 prefixlen 128
        inet6 fe80::1%lo0 prefixlen 64 scopeid 0x2
        nd6 options=201<PERFORMNUD, DAD>
gif0: flags=8010<POINTOPOINT, MULTICAST> mtu 1280
stf0: flags=0<> mtu 1280
XHC0: flags=0<> mtu 0
VHC128: flags=0<> mtu 0
XHC20: flags=0<> mtu 0
en5: flags=8863<UP,BROADCAST,SMART,RUNNING,SIMPLEX,MULTICAST> mtu 1500
        ether ac:de:48:00:11:22
        inet6 fe80::aede:48ff:fe00:1122%en5 prefixlen 64 scopeid 0x8
        nd6 options=201<PERFORMNUD,DAD>
        media: autoselect (100baseTX <full-duplex>)
        status: active
ap1: flags=8802<BROADCAST,SIMPLEX,MULTICAST> mtu 1500
        ether f2:18:98:1a:b6:6c
        media: autoselect
        status: inactive
en0: flags=8863<UP, BROADCAST, SMART, RUNNING, SIMPLEX, MULTICAST> mtu 1500
        ether f0:18:98:1a:b6:6c
        inet6 fe80::1431:8f01:8484:b7c0%en0 prefixlen 64 secured scopeid 0xa
        inet6 2601:280:c000:4e38:8a7:a553:5c1b:13ed prefixlen 64 autoconf secured
        inet6 2601:280:c000:4e38:913a:8c01:d1f5:6f29 prefixlen 64 autoconf temporary
        inet6 2601:280:c000:4e38::a30d prefixlen 64 dynamic
        inet
                      netmask 0xffffff00 broadcast
        nd6 options=201<PERFORMNUD,DAD>
        media: autoselect
        status: active
p2p0: flags=8843<UP, BROADCAST, RUNNING, SIMPLEX, MULTICAST> mtu 2304
       ether 02:18:98:1a:b6:6c
       media: autoselect
        status: inactive
awdl0: flags=8943<UP,BROADCAST,RUNNING,PROMISC,SIMPLEX,MULTICAST> mtu 1484
        ether 0e:bc:67:a9:f5:f5
        inet6 fe80::cbc:67ff:fea9:f5f5%awdl0 prefixlen 64 scopeid 0xc
        nd6 options=201<PERFORMNUD, DAD>
       media: autoselect
       status: active
en1: flags=8963<UP,BROADCAST,SMART,RUNNING,PROMISC,SIMPLEX,MULTICAST> mtu 1500
        options=60<TS04,TS06>
        ether c6:00:d0:42:b6:01
        media: autoselect <full-duplex>
        status: inactive
```

Figure 2-4 Network Configuration

The Command Line Interface also lets us make changes to the computer and pull stored data. For instance, with two simple commands I can see all of the files stored in any directory.

3. First, we need to choose the directory we want to view (I am going to use my desktop)

In the command line input:

cd desktop

You will know you are successful if the designated directory now shows before your username

```
Bens-MacBook-Pro:~ BenLaRue@ibm.com$ cd desktop
Bens-MacBook-Pro:desktop BenLaRue@ibm.com$
```

Figure 2-5 Terminal (with desktop as designated directory)

4. Once you have confirmed the directory has been designated

In the command line input:

ls

As you can see my desktop is in serious need of cleaning. How is yours? How are you other directories? Try connecting to at least one other directory before moving on.

```
Bens-MacBook-Pro:~ BenLaRue@ibm.com$ cd desktop
Bens-MacBook-Pro:desktop BenLaRue@ibm.com$ ls
AI_and_Cybersecurity.pptx
CentOS-7-x86_64-DVD-1810.iso
CentOS-7-x86_64-Minimal-1804.iso
CentOS-7-x86_64-Minimal-1810.iso
Cross-Site_Scripting_MSS_Threat_Report.docx
IoT Lab 1.pptx
IoT Lab Template.docx
Lecture 4 - Application Security.pptx
Lecture 7 - Security Intelligence.pptx
Proposed Lab 1-3.docx
RAW
Ransomware Response Guide.pptx
ST-DiscoveryKit-WatsonIoT-Workshop.pdf
Screen Shot 2019-02-25 at 5.29.53 PM.png
Screen Shot 2019-02-25 at 8.46.18 AM.png
Screen Shot 2019-02-26 at 3.50.03 PM.png
Screen Shot 2019-02-26 at 3.51.27 PM.png
Screen Shot 2019-02-26 at 3.51.35 PM.png
Screen Shot 2019-02-26 at 3.51.44 PM.png
Screen Shot 2019-02-26 at 3.51.52 PM.png
Screen Shot 2019-02-26 at 3.52.02 PM.png
```

Figure 2-6 Terminal (showing list of files after ls command)

Milestone Summary

In this milestone, we learned how to access our network information without the need for an interface, just by entering commands to the computer.

In the next section, we will install and familiarize ourselves with Offensive Network Tools.

Milestone 3: Offensive Network Tools

Milestone Overview

This lab requires you to complete four Milestones:

- 1. The Data Behind Your IP Address
- 2. Command Line Interface (CLI)
- 3. Offensive Network Tools
- 4. Network Protection Practices

In this Milestone, we will learn how to download and use both NMAP, a network mapping tool, and Wireshark, a packet sniffer.

Zenmap

Nmap (Network Mapped) is a free and open source tool for network discovery and security auditing.

Nmap was designed to rapidly scan large networks and provide reports of what services the network is hosting, what operating system they are running, and what type of packet filters or firewalls are in place. This makes it a great tool for taking network inventory, but it also makes an excellent tool for attackers to scan your network and get a general view of your security such as open ports.

Install Zenmap

1. Navigate to nmap.org.

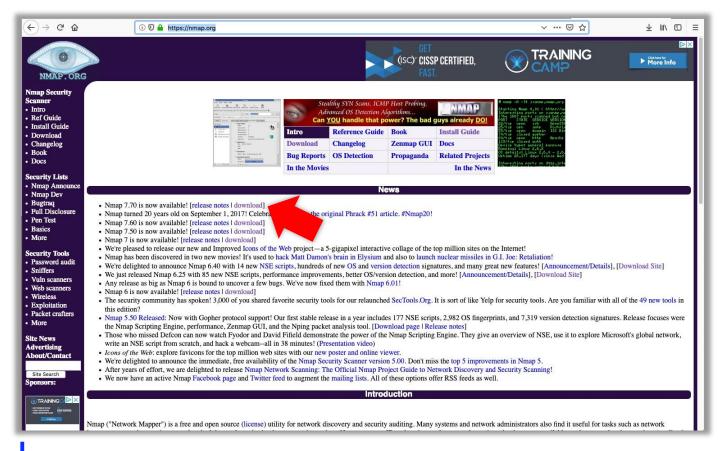


Figure 3-1 Nmap Webpage

- 2. Click on the "download" link next to Nmap 7.7.
- 3. Scroll down to the download file for your operating system.

Windows users will click on the "Latest stable release self-installer."

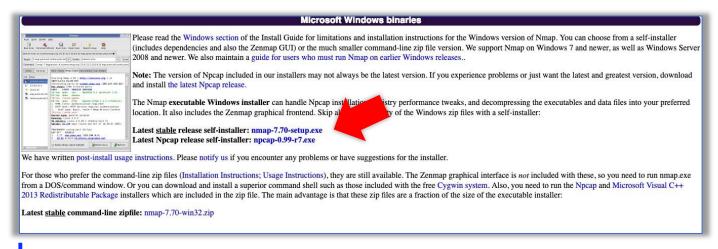


Figure 3-2 Nmap Windows Download

Mac users will click on the "Latest stable release installer."

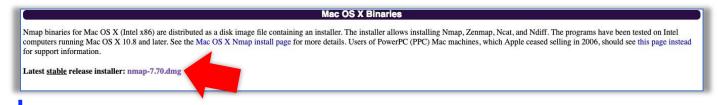


Figure 3-3 Nmap Mac Download

4. Follow the directions of the installer, and once finished, open Zenmap.

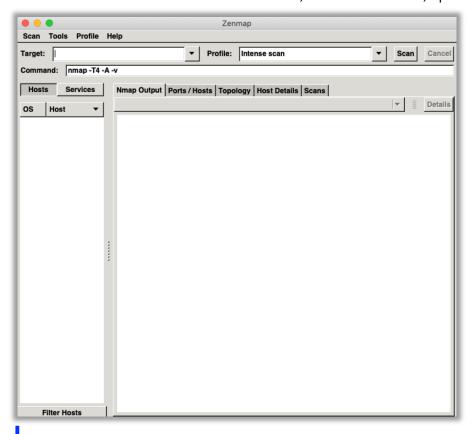


Figure 3-4 Zenmap

Zenmap Basic Functionality

1. Inside the target box input either a domain or IP Address (we will be using altoromutual.com) and hit scan.



Figure 3-4 Zenmap targeting AltoroMutual

- 2. Watch as Zenmap starts it's scan and goes through multiple CLI commands such as Ping and Traceroute.
- 3. The report may have been generated to fast to follow but scroll up and check if Zenmap found any open ports.

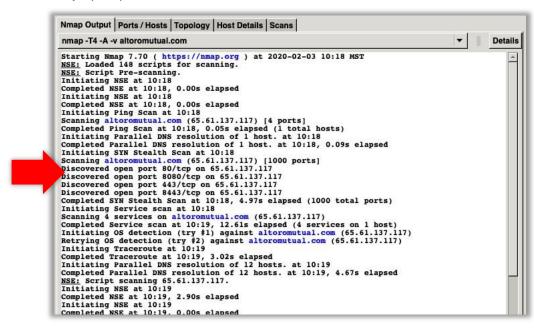


Figure 3-4 Zenmap discovering open ports

Wireshark

Wireshark is a free and open-source packet analyser; often referred to as a "sniffer". It is used for network troubleshooting analysis, software and communications protocol development, and education. Wireshark is used to examine the details of traffic as data is sent from one connection to the other.

Install Wireshark

1. Navigate to wireshark.org

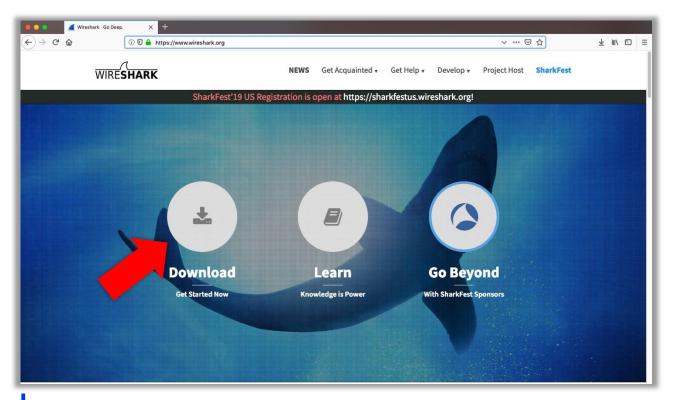


Figure 3-5 Wireshark Webpage

2. Click on "Download"

3. Select the most current stable release for your operating system

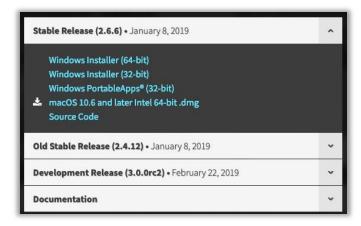


Figure 3-6 Wireshark Downloads

4. Run the file and click through the installation process.

Wireshark Basic Functionality

- 1. Open Wireshark.
- 2. From the list of interfaces shown select your internet network.

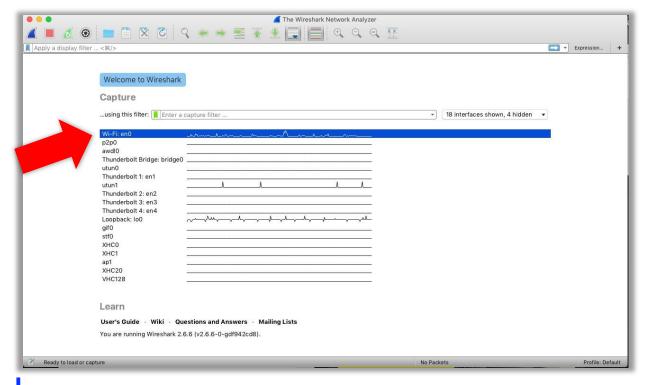


Figure 3-7 Wireshark Internet Network Options

Wireshark will immediately begin capturing data.

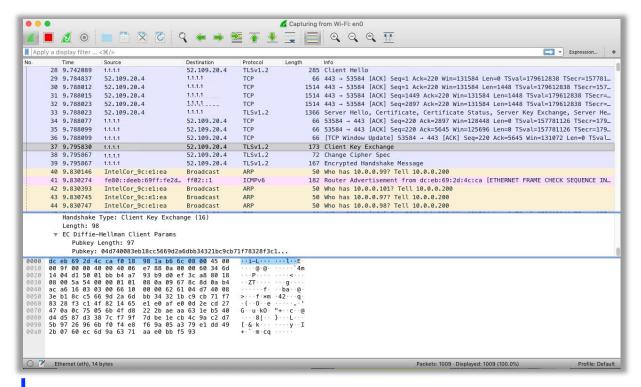


Figure 3-8 Wireshark Screen Showing the Data Captured

Please be careful where you point Wireshark as it is illegal to scan a network you do not have authorization to scan. Once Wireshark is running you can click into any of these packet instances to dive deeper into the information that was shared. Can you find sensitive information? Can you find encrypted information?

Milestone Summary

Nmap is a software that performs port scans to check network security and can also be used to discover services and servers on a computer network. Wireshark captures data, in what is called a "packet", each organized by protocol, to analyze network traffic.

Milestone 4: Network Protection Practices

Milestone Overview

This lab requires you to complete four Milestones:

- 1. The Data Behind Your IP Address
- 2. Command Line Interface (CLI)
- 3. Offensive Network Tools
- 4. Network Protection Practices

With so many tools that attackers can use to scan our networks there must be something we can do to protect ourselves and verify that the domain we wish to connect to is indeed the correct connection. A Domain Name System is our answer. Quad9 provides security for DNS queries by automatically blocking websites that are known to steal personal information, infect users with malware, or conduct illegal activity.

Installing Quad9 on Windows

- 1. Open your control panel
- 2. Select "Network and Internet"

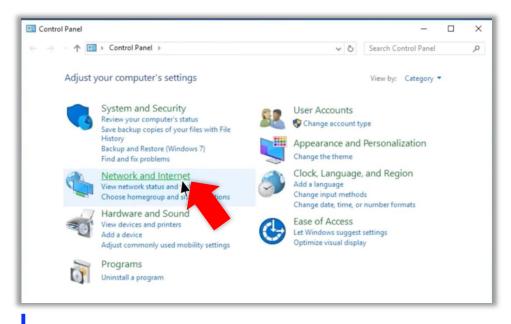


Figure 4-1 Windows Control Panel

3. Click "Network and Sharing Center"

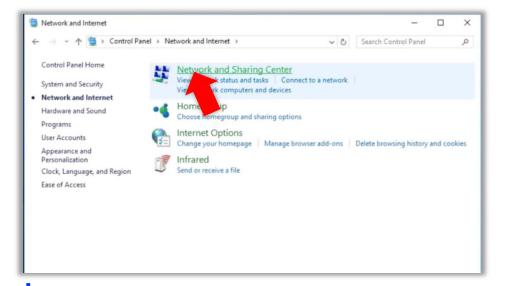


Figure 4-2 Windows Network and Internet

4. Click "Change adapter settings" on the left side-menu

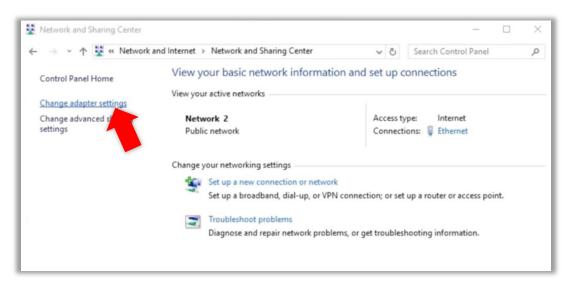


Figure 4-3 Windows Network and Sharing Center

5. Right-click on your internet connection and click into "Properties"

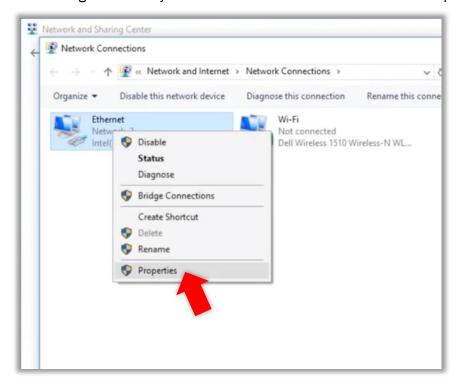


Figure 4-4 Windows Change Adapter Settings

6. Select "Internet Protocol Version 4 (TCP/IPv4)" and then click "Properties"

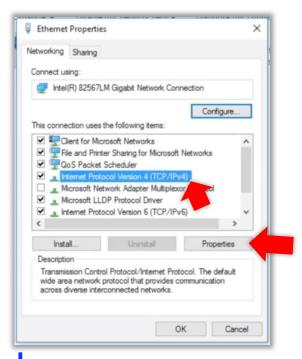


Figure 4-5 Windows Adapter Settings Properties

7. Select "Use the following DNS server addresses" and type "9.9.9.9" and hit "OK" then close to save your settings.

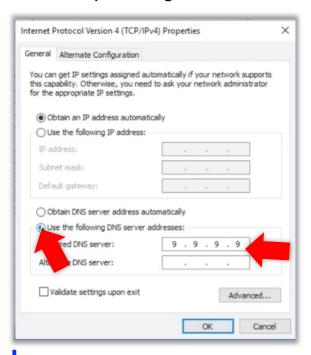


Figure 4-6 Internet Protocol Version 4 (TCP/IPv4) Properties

You are now protected by Quad9 DNS!

Installing Quad9 on Mac

1. Go to System Preferences and select "Network"



Figure 4-7 Mac System Preferences

2. Inside Network click "Advanced"

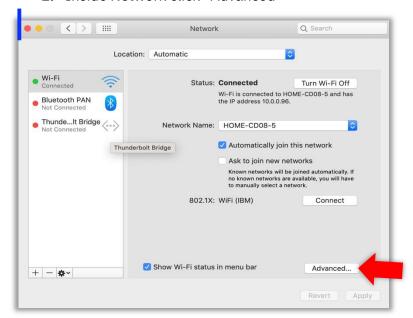


Figure 4-8 Mac - Network

3. Select "DNS" from the top menu and click on the "+" sign to add a new DNS server

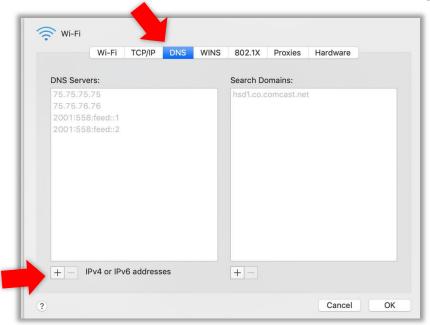


Figure 4-9 Mac - Advanced Network

4. Enter 9.9.9.9 at the top of the list and hit "OK" to exit and hit "Apply" to save

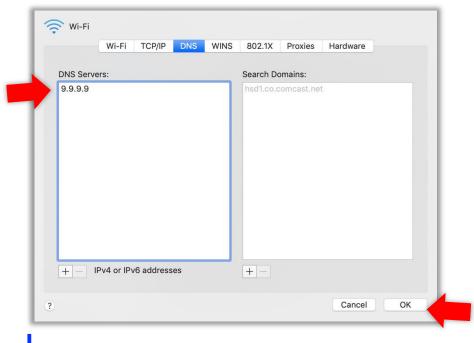


Figure 4-10 Mac - Advanced Network - DNS

You are now protected by Quad9 DNS!

Milestone Summary

Quad9 provides security for DNS queries by automatically blocking websites that are known to steal personal information, infect users with malware, or conduct illegal activity. By adding Quad9, we have quickly and easily brought another level of security into our network.



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