The D.C. Cybersecurity Professionals

BREAKING INTO CYBER / LAB
SETUP & TOOLS
Logistics

- About the DCCyberWarriors
- Facilities
- Wifi Network(s)
- Our Sponsors
  - Cover6 Solutions
  - ISSA - National Capitol Chapter
  - Women’s Society of Cyberjutsu
  - Fugue, Inc.
Agenda

- 5:30 - 6:15 - Networking
- 6:15 - 7:00 - Breaking into Cyber
- 7:00 - 7:20 - Networking
- 7:20 - 8:00 - Home Lab Setup & Tools
- 8:00 - 8:30 - Networking & Clean Up
About Me

• 22 year Military Vet
• 21+ years in I.T.
• Founder & President of Cover6 Solutions
• Sec+, CCNA Security, CEH
• OSCP & C|CISO Candidate
• Father, Tinkerer, Passionate Educator

Reference(s): https://www.linkedin.com/in/tyroneewilson
Cyber may not be for you!
Identifying your Dream Job

• What are you good at?
  – What are you willing to compete with most people at?

• What do you love to do?
  – What can you do for 8-12 hours without any issues

• What does the world need?
  – What do you feel the world could benefit from?

• A combination of these three things could be the real profession you would excel at!

Reference(s): https://www.cover6solutions.com/identifying-your-dream-job/
The Skills of a Cyber Professional

- Communication & Reporting
- Research & Self Study
- OSI / TCP/IP Fundamentals
- IPv4 & IPv6 Fundamentals
- Networking Fundamentals & Forensics
- Windows, *nix, Mac OS Fundamentals
- Web Application Fundamentals
- Coding / PowerShell

Reference(s):
IPv6

“IPv6 is already in your network. It’s time for you to plan and implement it securely, intentionally, and correctly. 35% of the US is already using IPv6, so don’t be one of those networks acting like it will never use it.”

- Jeremy Duncan
Managing Partner
Tachyon Dynamics

Reference(s): [Jeremy Duncan (LinkedIn)]
Start at Home (Lab Setup)

• You should always know your IP Address
  – ipconfig or ifconfig

• Become familiar with terminal commands
  – Fuzzy Security - Windows Privilege Escalation
  – g0tmi1k - Basic Linux Privilege Escalation
  – Windows Netsh
  – Powershell

• Become familiar with useful tools
  – Windows Sysinternals

Education
Education

• Degrees
  – Ask about hands-on

• Certs
  – Security+, CEH, CISSP or OSCP
  – CompTIA, EC-Council, ISC²
  – SANS Certs are also great but more costly

• Certs vs Degrees
• Self Education
## DoD 8570 & 8140 Certs

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<tr>
<th>Approved Baseline Certifications</th>
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<tr>
<td><strong>IAT Level I</strong></td>
<td><strong>IAT Level II</strong></td>
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<tr>
<td>A+ CE</td>
<td>CCNA Security</td>
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<td>CCNA-Security</td>
<td>CySA+ **</td>
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<td>Network+ CE</td>
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<td>CSSLP</td>
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<td><strong>CSSP Analyst</strong></td>
<td><strong>CSSP Infrastructure Support</strong></td>
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<td>CFR</td>
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<td>CCNA Cyber Ops</td>
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<td>SCYBER</td>
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Reference(s): [https://iase.disa.mil/iawip/Pages/iabaseline.aspx](https://iase.disa.mil/iawip/Pages/iabaseline.aspx)
The Interview
The Interview

- Be confident… it’s ok to be a little nervous
- Speak clearly
- If you don’t know, just say that …
  – Don’t Ever Lie!
- Know your worth… its not always about the money
- Send a “Thank You” note or call
- Follow up
Sometimes you just gotta...

Ride the wave!
“In life there's going to be some individuals that are ahead of you, and some individuals that will look to you for guidance. Create your own path! It's okay not to know it all! and please understand you'll hear a lot of NO's but through the failures and hardships there's going to be that one YES that'll change your life! KEEP WORKING.”

- Antwan King
Risk Management Analyst
Visa

Reference(s): Antwan King (LinkedIn), Road Trip Nation (Cybersecurity)
Speak it into Existence

Reference(s): DCMeetup1701 - Breaking into Cyber
#InfoSec Groups

“Having specialized groups in #infosec allows those entering cyber the opportunity to explore and get their feet wet. It helps them build their community, their #tribe of supporters. It helps them find their place.”

- Mari Galloway
  CEO
  Women’s Society of Cyberjutsu

Reference(s): Mari Galloway (LinkedIn)
Cyber Competitions

“Cyber competitions are a great way to hone your skills, gain "experience" that you can speak to in interviews, and to connect with other people who are passionate about cybersecurity.”

– Marcelle Lee

Threat Researcher
White Ops

Reference(s): Marcelle Lee (LinkedIn), White Ops (LinkedIn)
“It’s a career, not a job. Follow your passion, not the hot trends. Be part of the community to work in the community. You will need a variety of tools in your career development tool kit: networking, resume, volunteering, social media, job boards and career events. Be it security cleared or cybersecurity opportunities, if it is your passion to protect the country or solve critical problems, the opportunities are out there. You just have to choose your path to success.”

– Kathleen Smith
Chief Marketing Officer
ClearedJobs.Net & CyberSecJobs.Com

Words of Advice

• A little bit of research is worth your future
• Be comfortable being uncomfortable
• Get your face or your work seen
• Find a mentor
• Join a group, go to conferences
• Get the hands-on “experience”
• Give back
• Don’t ever give up!
Questions / Comments / Concerns
Networking
Home Lab Setup & Tools
Core Areas & Technologies

• Home Lab Importance
• Networking
• Hardware
• Virtualization
• Network Monitoring & IDS/IPS
• Vulnerability Management
• Firewalls
• Security Information and Event Management (SIEM) Tools
Virtual Machines

- Security Onion
- Windows Server Evaluation Center
- Microsoft Edge
- Kali Linux
- Metasploitable2 & Metasploitable3
- VulnHub
- OWASP Security Shepherd 3.0
- pfSense
Questions / Comments / Concerns
"I've been blessed to have a platform where I can use my expertise in cybersecurity to help provide a better future for others."

"We may never play in the NBA or NFL but there is nothing stopping us from being a CTO, CISO, etc."

"To anyone who ever considered giving up... DON'T"

- Tyrone E. Wilson
  Founder & President
  Cover6 Solutions
  info@cover6solutions.com

Reference(s): Tyrone E. Wilson (LinkedIn), Tyrone E. Wilson (Twitter), Cover6 Solutions, The D.C. Cybersecurity Professionals