



# CNWPP - Certified Network & Web app Pentesting Professional



<https://thexssrat.podia.com/0d8525b0-a43e-448a-b003-efee5061432e/>

## 001. Defining what a pentest is

001 - 1 Defining a pentest

001 - 2\_assignment\_-defining\_a\_pentest

001 - 3 The deliverables of pentesting

001 - 3 ASSIGNMENT The deliverables of pentesting

001 - 4 The pentest plan

001 - 5 Assignment\_Make\_a\_test\_plan\_for\_hackxpert.com

001 - 5 SOLUTION Assignment\_Make\_a\_test\_plan\_for\_hackxpert.com

001 - 6 EXAMPLE the\_pentesting\_report

001 - XTRA1 The methodologies of a pentest

001 - XTRA2 - Letter of pen test commencing

001 - XTRA3 - SHORT TEST PLAN - UNCLE RAT'S EXAMPLE

001 - XTRA4 - The NDA

## **002. The pentesting methodologies**

002.1 Pentesting methodolgies

002.2 Assignment - describe the methodologies in your own words

002.3 - 001 OSSTMM

002.3 - 006 RAV CALC\_OSSTMM

002.4 OWASP methodology

002.5 OSSTMM assignment

002.6 OWASP assignment

002.8 PTES - Pre-engagement

002.8 PTES Questionnaires for pentests

002.9 PTES Information gathering

## **003. Network scanning and exploits**

003.1 BIS - How we do a pentest

003.2 Nmap (1)

003.2 port scanning

003.3 portscanning assignment (1)

003.4 FTP (1)

003.5 FTP assignment (1)

003.6 SMB (1)

- 003.7 EXPLOIT-DB network hacking tools (1)
- 003.7 network hacking tools (1)
- 003.7 WIRESHARK network hacking tools (1)
- 003.8 DEMO Nikto Nmap network hacking tools assignment (1)
- 003.8 network hacking tools assignment (1)

## **004. Web exploits pt. 1**

- 004.1 Fuzzing
  - 004.1.1 Fuzzing Assignment
- 004.2 Burp Suite CE
- 004.3 CSRF
  - 004.3 CSRF CHECKLIST
  - 004.3 CSRF Source code
- 004.4 CSRF assignment
- 004.5 JWT CHECKLIST
- 004.5 JWT
- 004.6 JWT assignment
  - 004.6 SOLUTION JWT assignment
- 004.7 Open redirect
- 004.8 Open redirects assignment
- 004.9 SSRF
- 004.10 SSRF LABS
- 004.11 SSRF labs solutions

## **005. Web exploits pt. 2**

- 005.1 IDOR - Slides
  - 005.1.1 BAC - In-depth demo

- 005.1.2 IDOR - Demo manual exploitation
- 005.1.3 IDOR - Demo Authorize exploitation
- 005.2 IDOR AND BAC LABS
- 005.3 Business logic flaws
- 005.4 LABS BUSINESS LOGIC FLAWS
- 005.5 captcha bypasses
- 005.6 captcha labs
- 005.7 XPATH injections
  - 005.7.1 XPATH injections labs
- 005.8 Insecure\_deserialization

## **006. Methodologies**

- 006.1 A\_main app\_methodology\_V5.0 (1)
- 006.2 Broad scope methodology (1)
- 006.3 Broad\_scope\_methodology\_-\_Manual (2)
- 006.XTRA1 Practical\_demonstration\_-\_Main\_application\_hacking (1) (1)
- 006.XTRA2 Broad Scope Methodology
- 006.XTRA3 Extra Resources - Main app methodology
- 006.XTRA4 Main app methodology (1)

## **007. Vulnerability scanners & tools**

- 007.1 Vulnerability scanners
- 007.2 vulnerability scanners ASSIGNMENTS
- 007.3 out of band servers
- 007.4 Labs out of band server
- 007.5 Postman demo
- 007.6 postman labs

007.7 Assignment- scan hackxpert with zap

## **008. The OWASP top 10 + WAFs**

008.1 OWASP top

008.2 OWASP API top 10

008.3 OWASP Mobile top 10

008.4 Web\_Application\_Firewalls\_(WAFs)\_Form\_A\_to\_Z (1)

008.5 WAF\_evasion\_techniques\_checklist (1)

008.XTRA1 two-armed mode WAF

## **009. Advanced web exploits**

009.1 XSS

009.2 XSS labs

009.3 CSP

009.4 CSP excercises

009.5 CSP labs

009.7 hack me labs - Pentest simulation of exploitation phase

## **010. Exam day - Plan within 6 months**

- Prove your might in this tough exam that will test your skills and patience!
- You will get a seperate environment to hack
- You will be expected to evade filters
- You will be expected to submit a test plan, notice of engagement, test report and give me a debriefing
- You get 8 hours to hack
- You get 24 hours after hacking to submit the report

- You get 24 hours after hacking to submit the debrief
- You will be expected to hack a web app, the server itself and an API
- To pass you will be expected to identify at least 30 vulnerabilities ranging from low to critical. There are more but how many exactly is not public information.
- This exam is not for the faint of heart