Hacking During Work Hours

AvengerCon 2018

NONSENSE

MEH, TELL ME MORE

HELL YEAH

Me

ARMY CYBER
INSTITUTE
AT WEST POINT

Me

ARMY CYBER
INSTITUTE
AT WEST POINT

bfe

PICOCTF

Me

ARMY CYBER
INSTITUTE
AT WEST POINT

The Jargon File

hack

- To interact with a computer in a playful and exploratory rather than goal-directed way. “Whatcha up to?” “Oh, just hacking.”

hacker

- A person who enjoys exploring the details of programmable systems and how to stretch their capabilities, as opposed to most users, who prefer to learn only the minimum necessary.

- One who enjoys the intellectual challenge of creatively overcoming or circumventing limitations.

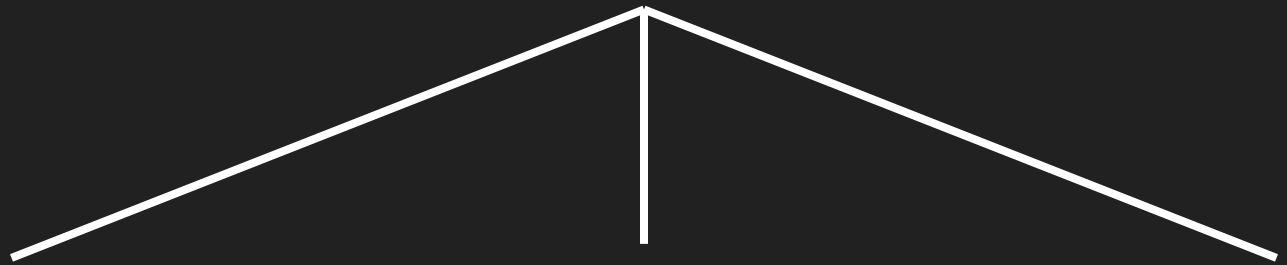
Premise 1

The Cyber domain is inherently technical.

Specific future tasks are unpredictable.

Premise 2

Effectiveness



Base Knowledge

Rapidly Learn

Ability to Apply

Premise 3

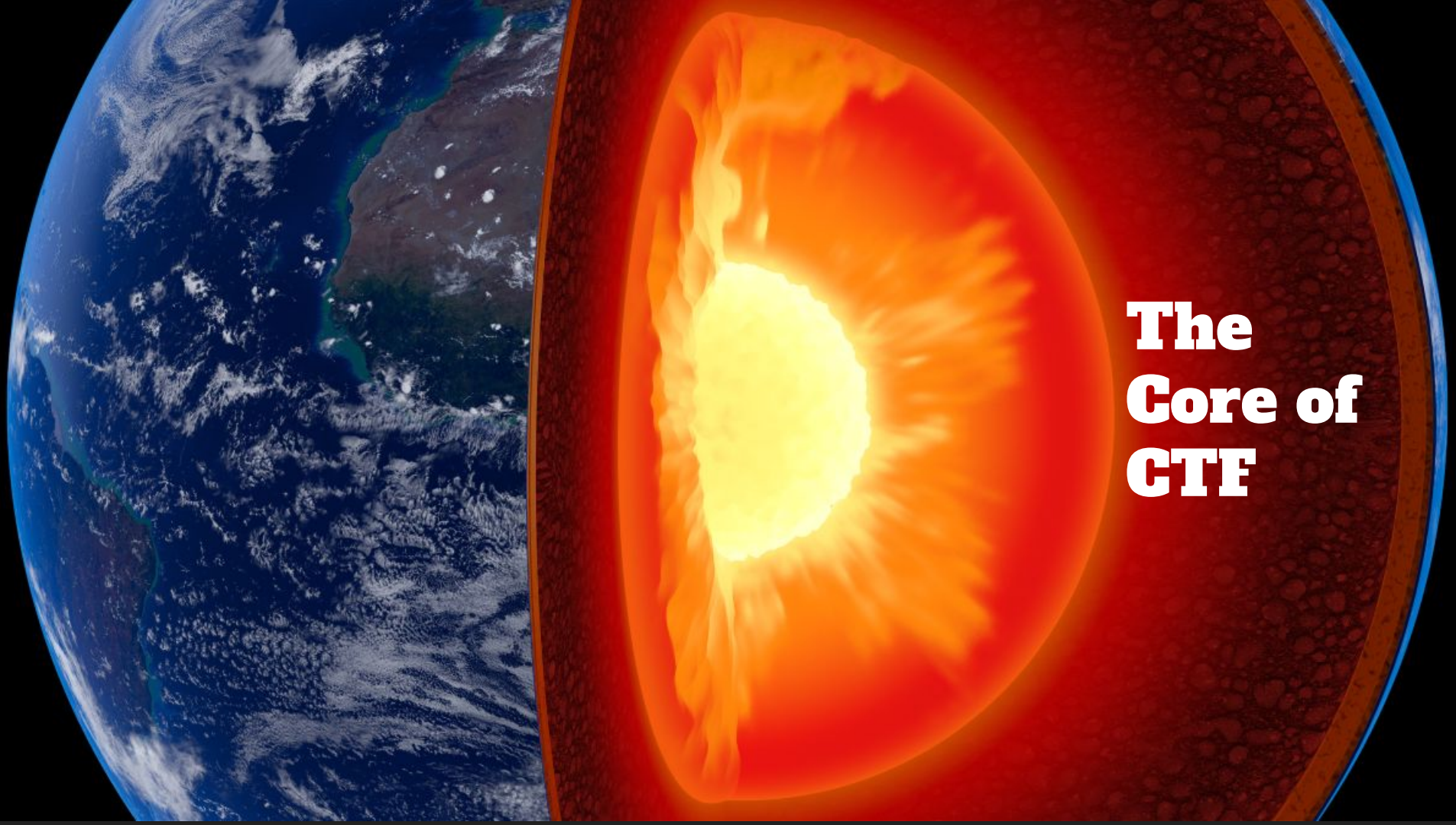
“The Army trains to win. Training prepares the Army…”

- ADP 7-0 (Training)

The Pitch

Capture the Flag = Training

Hacking During Work Hours

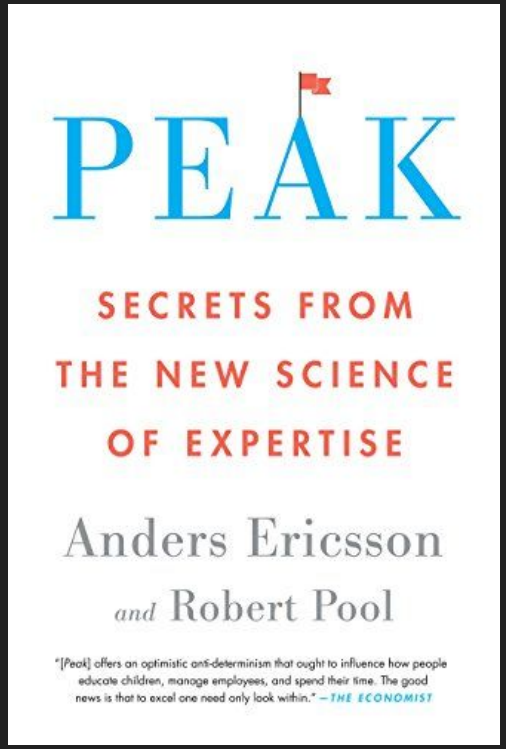

The
Core of
CTF

1. Authentic flaws
2. Progressive difficulty
3. Challenge Based
4. Objective Results
5. Applied knowledge
6. Intentionally Reduced Complexity

ARMY
ARMY

CTF = Deliberate Practice

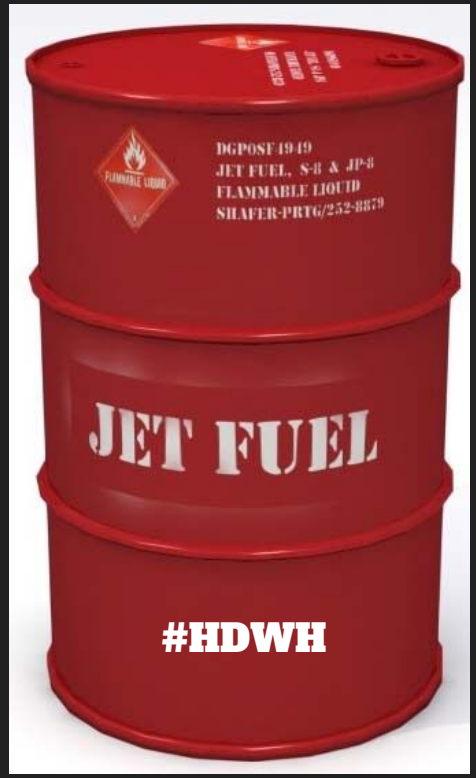
- break down the skill
- focus
- immediate feedback
- practice at the next level



Prepare for uncertainty

HANDLE
WITH
CARE

Hacking During Work Hours is like Jet Fuel



DGPOSF4949
JET FUEL, S-8 & JP-8
FLAMMABLE LIQUID
SHAFER-PRTG/252-8879
JET FUEL
#HDWH

DGPOSF4949
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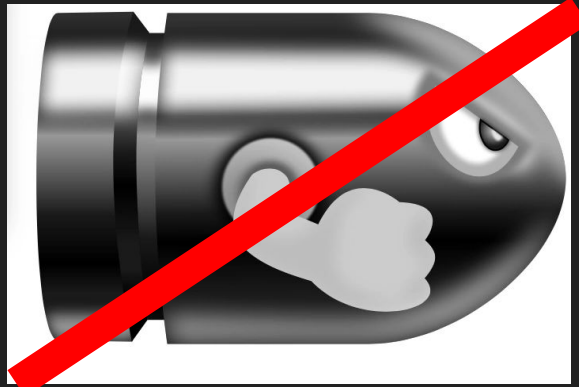
FLAMMABLE LIQUID
SHAFER-PRTG/252-8879
JET FUEL
#HDWH

Fine Print

BRAIN
SALT
CURES
HEADACHES
AND
INDIGESTION
EFFERVESCENT
BRAIN
SALT
(TITLE REGISTERED) PRICE 2/9 PER BOTTLE
A POSITIVE RELIEF AND CURE FOR
Brain Troubles, Headaches
Sea Sickness,
Nervous Debility, Sleeplessness, Excessive Study, Mania, Over Brainwork,
etc etc.
F. NEWBERY & SONS.
1 and 3 King Edward St. London, E.C.
TRADE MARK REGISTERED IN U.S. BY F. NEWBERY & SONS. FEB 10. 1898



The The Many Maxims of Maximally Effective CTFs

- FUZYLL, PSIFERTEX

Keep it stupid simple

A fun CTF is a good CTF

Nerds like learning

Sucky CTFs suck

Work to the fourth

http://captf.com/maxims.html

DON'T KILL THE FUN

Sign Me up!

How to get started today

CSAW 365

https://picoctf.com/

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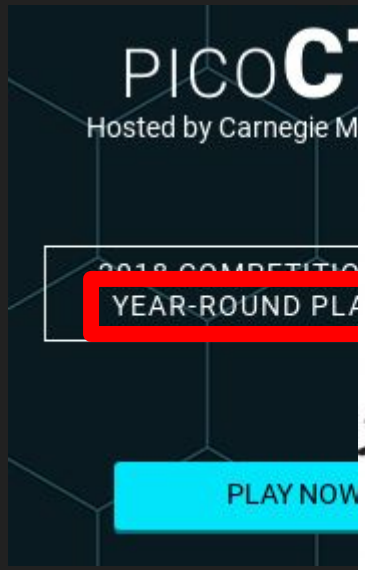

https://picoctf.com/

https://365.csaw.io

HOW TO BRING TO YOUR UNIT THIS WEEK

https://acictf.com

How to instill this mentality across the force

1. Dedicate Time
2. Recognize Excellence
3. Build organic expertise

Takeaways

Domain requires technical training

CTFs are Training

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Thank You

#HDWH

https://acictf.com