



Learn Security Online

LSO Training Options Handbook



Learn Security Online

Table of Contents

Training Options	Page 3
Mission Statement	Page 4
LSO Site Concept	Page 4
Message from the Founder	Page 6
LSO Competencies	Page 7
LSO Learning Model	Page 8
LSO Membership Packages	Page 9
LSO Corporate Membership Packages	Page 10
Training Packages	Page 11
Course Descriptions	Page 13
LSO Lab Server	Page 20
LSO Security Skill Assessment Network	Page 21
Joe McCray/LSO Mentor Speaking Topics	Page 24



Learn Security Online

Training Options

LSO offers two (2) basic types of training options; a monthly membership option (Bronze, Silver, and Gold levels) and instructor-led courses. Each of the training options will be discussed in detail below.

The monthly membership option is designed for LSO members that have an interest in developing the foundations required to move into the security field. This is accomplished by giving the member access to the website's tutorial content, simulators, security games, security challenge servers, and hacking competitions. This is a great way to gain in-depth exposure to the broad range of skills required to be a competent security professional. Monthly membership is excellent choice for college students that want to move into the security field after they graduate, system/network administrators looking to learn things that will help them in securing their servers and networks, or security professionals that want to broaden their knowledge and increase their skill set.

If you are a person with specific career goals such as moving into the security field right away, changing jobs, developing a specific set of security skills, and/or preparing for security certifications then you should consider one of the instructor-led course options.



Learn Security Online

Mission Statement

LearnSecurityOnline.com will be the industry's largest and most highly regarded online community dedicated to hands-on learning of Computer/Network security.

LSO Site Concept

Learn Security Online Incorporated has been founded to provide Information Technology (IT) professionals and IT security professionals with the most relevant, accurate, unbiased, and up to date security information/resources. Thorough and highly interactive online computer security training methods also provide website members with a means of becoming either security conscious IT professionals, or highly competent security professionals.

Members' Section

A highly interactive online approach to teaching security provides much more information than is possible with standard print media at a fraction of the cost of traditional classroom training. Learn Security Online, Inc. offers online simulators, online security games, level-based security challenges, online courses, and research labs where members can experiment and practice what they have learned in an environment in which they can browse and train in at their leisure.

Member Services

Learn Security Online, Inc. will provide the following services to its website members:

Articles & Tutorials

Learn Security Online, Inc. offers written tutorials to teach the fundamentals of different operating systems, networking, programming, and security concepts.

Simulators, Interactive Tutorials, & Online Games

Learn Security Online, Inc. offers web-based simulators, interactive tutorials, and online games to teach the fundamentals of different operating systems, networking, programming, and security concepts. A strong understanding of these subjects is absolutely critical to being a competent IT or IT security professional. Modern training methods often fail to teach these critical concepts because they simply cannot be covered in a one or two week course on security. This understanding is actually a precedent to security training.

Security Challenge Servers

Learn Security Online, Inc. offers level-based challenge servers which are live servers that have been heavily modified to allow members must perform simple security exploits to progress through the levels of the game as a means of learning security in safe environment. Tips, hints, and various other resources are provided to help website member's progress through the levels of the server.



Learn Security Online

Courses

Learn Security Online, Inc. offers self-paced and instructor-led online courses with realistic lab exercises designed to teach modern hacking techniques, and their mitigation strategies. In contrast to other training companies that offer one-day to one-week classroom courses Learn Security Online, Inc. courses are four to six weeks long with much more lab time than other training companies. This training model allows Learn Security Online, Inc. members to get a deeper level of understanding with much more hands-on experience.

Labs

Learn Security Online, Inc. offers a lab environment of different operating systems, and computer/network hardware where members will be given remote access to so they can experiment with and practice attacking and defending the systems on the network at their leisure.



Learn Security Online

Message from the Founder

I'm really excited about what LSO is bringing to the table for the year 2007. We've added more content, more courses, more training options, more payment options, more servers, and there is so much more to come for this year. Chris Gates has taken over website operations including user, content, and forum management. He is also heavily involved in course development, customer service, and mentoring. He has proven himself to be a great content writer, course developer, website maintainer, business manager, and mentor. I wish him, his wife, and daughter all of the best for 2007. Thanks for everything Chris.

What's New?

Like I just said – I'm so excited about what's going on here at LSO. The monthly membership options have been expanded to include mentor-led private lessons, monthly hacking competitions, and hack-lab access. Instructor-led courses now include more labs, and more lab time. We've developed a Security Skills Assessment Network specifically for testing all of the hands-on security skills of security professionals, and we've developed the LSO Lab Server with all of our courses, and labs on it that companies can now purchase so they can deploy LSO training in house.

Why a Handbook?

I decided to go with a handbook as a replacement to the LSO Programs documents we used to give out. The goal is to provide more information about what we do, how we do it, how much it costs, give you the ability to purchase what you want directly, and to help you understand the framework that we use to develop custom programs.

I really hope that you find this handbook helpful. Feel free to contact either myself Joe McCray (joe@learnsecurityonline.com) or Chris Gates (chris@learnsecurityonline.com) with any questions, concerns, or comments you may have.



Learn Security Online

LSO Competencies

Here at Learn Security Online, Inc. we have created a new, much more eclectic approach to teaching computer/network security. We believe that through the use of our learning model we can more than adequately assist our website members in becoming more security conscious IT professionals, and/or highly competent security professionals.

Being a competent/security conscious IT professional requires a solid foundation in what we call the Four Core Competencies; Operating Systems, Networking, Programming, and being able to use IT/IT Security resources.

Four Core Competencies

- Operating Systems
- Networking
- Programming
- IT/IT Security Resources

Being an IT professional with a strong emphasis on security in your daily job or being an IT security professional requires more than an understanding of the core competencies. It also requires what we consider to be advanced competencies or competencies that are made up of more than one core competency. Again, we believe that our Learning Model approach to teaching what is often considered extremely complex material is the key to successfully acquiring this knowledge and putting it to use.

Advanced Competencies

- Documentation, Policies, Procedures, Disaster Recovery
- Cryptography
- Forensics
- Penetration Testing
- Security Certifications



Learn Security Online

The Learn Security Online Learning Model

Each competency is taught a logical progression that we call “The Learning Model.” A website member can start with little or no exposure in a core or advanced competency and work through a very logical progression prepared by LSO from novice to competency via our learning model.

We start off with written articles and tutorials (these are geared primarily toward the novice), and then progress to computer simulators and interactive tutorials (these are geared toward the website member with some knowledge of the subject), from there we progress to the online games which are geared toward IT professionals with an intermediate knowledge of the core or advanced competencies, and from there we move on to the challenge servers which are fairly difficult and are designed to teach the student by “*challenging*” them to research and demonstrate their *functional* understanding of the material.

To round out the types of training we offer self-paced and instructor led courses in the core and advanced competencies. We offer research/practice labs and hacking competitions for our members to compete in as well, making Learn Security Online, Inc. a highly diverse learning environment.

Tutorials

- Traditional
- Interactive

Games & Challenges

- Web based games
- Challenge Servers

Courses

- Self-Paced
- Instructor-Led

Labs & Competitions

- Research/Practice Lab
- Hacking Competitions for Members



Learn Security Online

LSO Membership Packages

Free Membership:

- Basic Content, Hack Videos, Forums, Newsletter

Bronze Membership: \$39.95

- Members Only Content, Hack Videos, Forums, Newsletter,
- Simulators, Games, Challenge Servers, LSO Member Only RootWars
- 2 Hours of mentor-led instruction per month

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=14

Silver Membership: \$79.95

- Members Only Content, Hack Videos, Forums, Newsletter
- Simulators, Games, Challenge Servers, LSO Member Only RootWars
- Custom Training Program
- 4 Hours of mentor-led instruction with HackLab access each month
- 12 Hours of HackLab Access per month

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=16

Gold Membership: \$139.95

- Members Only Content, Hack Videos, Forums, Newsletter
- Simulators, Games, Challenge Servers, LSO Member Only RootWars
- Custom Training Program
- 8 Hours of mentor-led instruction with HackLab access each month
- 40 Hours of HackLab Access per month

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=39



Learn Security Online

LSO Corporate Membership Packages

Corporate Bronze Membership:

- Members Only Content, Hack Videos, Forums, Newsletter,
- Simulators, Games, Challenge Servers, LSO Member Only RootWars
- 2 Hours of mentor-led instruction per month

Corporate Website Bronze Membership Rates:

2 - 10 people = 29.95 per person per month (\$289.95 per year)
11 - 20 people = 24.95 per person per month (\$229.95 per year)
21 - 30 people = 19.95 per person per month (\$189.95 per year)
31 and above = custom pricing

Corporate Silver Membership:

- Members Only Content, Hack Videos, Forums, Newsletter
- Simulators, Games, Challenge Servers, LSO Member Only RootWars
- Custom Training Program
- 4 Hours of mentor-led instruction with HackLab access each month
- 12 Hours of HackLab Access per month

Corporate Website Silver Membership Rates:

2 - 10 people = 69.95 per person per month (\$839.40 per year)
11 - 20 people = 64.95 per person per month (\$779.40 per year)
21 - 30 people = 59.95 per person per month (\$719.40 per year)
31 and above = custom pricing

Corporate Gold Membership:

- Members Only Content, Hack Videos, Forums, Newsletter
- Simulators, Games, Challenge Servers, LSO Member Only RootWars
- Custom Training Program
- 8 Hours of mentor-led instruction with HackLab access each month
- 40 Hours of HackLab Access per month

Corporate Website Gold Membership Rates:

2 - 10 people = 129.95 per person per month (\$1559.40 per year)
11 - 20 people = 119.95 per person per month (\$1439.40 per year)
21 - 30 people = 109.95 per person per month (\$1319.40 per year)
31 and above = custom pricing

Contact Joe McCray via email at: joe@learnsecurityonline.com to purchase this package.



Learn Security Online

Training Packages

Security Basics: \$1,499.95

- Linux+
- Network+
- Security+
- 3, 4, and 6 Month payment plans available

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=1

Hands-On Hacking: \$1,999.95

- Hacking Basics
- Hacking 101
- Hacking 202
- Incident Response/Forensics
- 3, 4, and 6 Month payment plans available

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=2

Programming for Security: \$2,199.95

- C
- Perl
- Python
- Ruby
- NASL
- 3, 4, and 6 Month payment plans available

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=5

Security Certifications: \$2,399.95

- Security+
- Certified Ethical Hacker (CEH)
- Certified Hacking Forensics Investigator (CHFI)
- Certified Information Systems Security Professional (CISSP)
- 3, 4, and 6 Month payment plans available

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=3



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The LSO Zero-To-Hero Package: \$6,999.95

- Security Basics Package
- Hands-on Hacking Package
- Programming For Security Package
- Security Certifications Package

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=4

Mentor-Led Custom Training

For customers with training needs that are either time critical and/or highly specialized LSO offers Mentor-Led custom training. Mentor-led training is administered via telephone, instant messenger, online chat, and email and is billed in 15 minute increments. Mentor-Led training is purchased in ten (10) hour blocks with five hours of lab access for every mentor hour purchased. The customer may be asked to complete a skills and needs assessment to assist with the development of a training program that meets their needs.

Mentor I \$449

10 Hours of Mentor training
50 Hours of Hack-Lab Access

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=54

Mentor II \$749

20 Hours of Mentor training
100 Hours of Hack-Lab Access

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=56

Mentor III \$999

30 Hours of Mentor training
150 Hours of Hack-Lab Access

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=58



Learn Security Online

Course Descriptions

Certification Prep Courses

- Linux+
- Network+
- Security+
- Certified Ethical Hacker (CEH)
- Certified Hacking Forensic Investigator (CHFI)
- Certified Information System Security Professional (CISSP)

Linux+ (25 Hours) \$599

This course steps you through everything that you need to know to administer, attack, and secure Linux. It also serves as a great tool for preparing for the Comptia Linux+ Exam. Although this course is designed to prepare you for the Comptia Linux+ exam it takes a highly innovative approach to teaching Linux that incorporates command-line simulators, lots of lab exercises, and advanced Linux training to include building your own custom Linux distribution. Students average four (4) to six (6) weeks to complete this course. There are no prerequisites for this course, but this course assumes general computing experience, and it is preferred that the student have an A+ certification level of experience with computers.

The official information about this certification can be found at:

<http://certification.comptia.org/linux/default.aspx>

The outline for this course can be found at:

<http://www.learnsecurityonline.com/CourseOutlines/Linux+ Course Outline.pdf>

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=6

Network+ (30 Hours) \$599

Just like the Linux+ course this course is designed to prepare you for the Comptia Network+ exam it also takes a highly innovative approach to teaching networking that incorporates command-line simulators, lots of lab exercises, and advanced network training to include building your own custom networks with. Students average four (4) to six (6) weeks to complete this course. There are no prerequisites for this course, but it is recommended that the student have some familiarity Linux.

Official information about this certification can be found at:

<http://certification.comptia.org/network/default.aspx>



Learn Security Online

The outline for this course can be found at:

<http://www.learnsecurityonline.com/CourseOutlines/Network+CourseOutline.pdf>

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=68

Security+ (20 Hours) \$599

This course is designed to prepare for you the Comptia Security+ exam, as well as serve as a prerequisite course for the CISSP course. Students average two (2) to four (4) weeks to complete this course.

Official information about this certification can be found at:

<http://certification.comptia.org/security/default.aspx>

The outline for this course can be found at:

<http://www.learnsecurityonline.com/CourseOutlines/Security+ Course Outline.pdf>

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=69

Certified Ethical Hacker (CEH): 40 Hours \$699

This course is designed to prepare you for the EC-Council Certified Ethical Hacker certification. Because so much information overlaps between the CEH and CPTS, this course can also be used to prepare for the Mile2 Certified Penetration Testing Specialist certification as well. This course is packed with hands-on labs. Students average four (4) to six (6) weeks to complete this course.

Official information about the CEH certification can be found at

<http://www.eccouncil.org/CEH.htm>

and you can also find the official information about the Mile2 Certified Penetration Testing Specialist (CPTS) certification at:

http://www.mile2.com/Certified_Penetration_Testing_Specialist_CPTS.html

The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/CEH_Course_Outline.pdf

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=70

Certified Hacking Forensics Investigator (CHFI): 40 Hours \$699

This course is designed give you a solid introduction to the art and science of computer forensics as well as to prepare you for the EC-Council Certified Hacking Forensic



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Investigator certification. Like the CEH course this course is jam packed with hands-on labs and students average four (4) to six (6) weeks to complete this course.

Official information about this certification can be found at <http://www.eccouncil.org/CHFI.htm>

The outline for this course can be found at: http://www.learnsecurityonline.com/CourseOutlines/CHFI_Course_Outline.pdf

You can purchase this course by clicking on the link below: https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=71

Certified Information Systems Security Professional (CISSP): 60 Hours \$699
This course is designed to prepare you for the ISC2 CISSP exam. With a comprehensive e-book, study guides, hands-on training and hundreds of practice test questions, you will be fully prepared to pass your CISSP certification test and succeed in the computer industry. Students average four (4) to six (6) weeks to complete this course.

Official information about this certification can be found at <https://www.isc2.org/>

The outline for this course can be found at: http://www.learnsecurityonline.com/CourseOutlines/CISSP_Course_Outline.pdf

You can purchase this course by clicking on the link below: https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=72

Skill-Based Courses

- Hacking Basics
- Hacking 101
- Hacking 202
- Hacking Linux
- Hacking Windows
- Hacking Tools
- Programming For Security
- Hacking Web Applications
- Backdoors, Rootkits and Open Source Incident Response/Forensics Tools

Hacking Basics (20 Hours) \$499

This course picks up where the Security+ course leaves off and introduces you to the fundamentals of hacking. It bridges the gap between the Security+ material, and Hacking 101. You will be introduced to the attack methodologies, techniques, and skills used by hackers such as footprinting, scanning, spoofing, and other common attacks.



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The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/HackingBasics_Course_Outline.pdf

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=73

Hacking 101 (40 Hours) \$699

This is our flagship course. This is NOT a “mile wide, inch deep” type of security course. This course is heavily focused on exploitation tactics and techniques. It covers scanning, enumerating, exploiting and back-dooring both Windows and Linux servers. You will perform both local and remote exploits against live servers.

The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/Hacking101_Course_Outline.pdf

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=74

Hacking 202 **\$489 BETA Price**

This course is still in development and should be ready for beta testing in April. You can purchase an early bird 30% off discount voucher for this course by clicking on the link below:

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=75

Hacking Linux (40 Hours) \$599

This course steps you through everything that you need to know to administer, attack, and secure Linux. It's also great follow on to the Linux+ certification prep course.

The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/HackingLinux_Course_Outline.pdf

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=76

Hacking Windows (40 Hours) \$599

This course will give you an in-depth look at Windows 2000, Windows Server 2003, and Active Directory from a hacker's perspective. As with our Hacking Linux course you will be stepped through everything you need to know to administer, attack, and secure Windows. It also serves as a great means of adding functional security knowledge to your MCSE.



Learn Security Online

The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/HackingWindows_Course_Outline.pdf

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=77

Hacking Tools

\$489 BETA Price

This course walks you through installing, configuring, and more importantly using today's most powerful open-source security tools such as TCPDump, Nmap, Amap, Hping, Scapy, Netcat, Dsniff, Ettercap, p0f, Snort, Hydra, Medusa, Metasploit, and many more.

This course is still in development and should be ready for beta testing in April.

You can purchase an early bird 30% off discount voucher for this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=78

Programming For Security

\$2199.95 BETA Price

Designed with the beginner in mind this training package covers the basics of C, Perl, Python, Assembly, Shellcoding, Sockets, web languages, and databases as they relate to security. This training package goes on to cover buffer overflows, heap overflows, format strings, Nessus Attack Scripting Language, and Metasploit modules.

This course is still in development and should be ready for beta testing in April. You can purchase an early bird 30% off discount voucher for this course by clicking on the link below:

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=5

Hacking Web Applications (40 Hours) \$699

This course walks you through the newest frontier of the computer security field. You will learn how to execute and secure your systems against all of the modern web application hacking techniques and tactics such as SQL Injection, LDAP Injection, SSI Injection, Cross-Site Scripting, Credential/Session Prediction, and much more.

The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/HackingWebApplications_Course_Outline.pdf



Learn Security Online

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=79

Hacking Web Applications II

\$489 BETA Price

This is the follow-on to the Hacking Web Applications course. This course uses real vulnerable web applications for all of the lab exercises.

This course is still in development and should be ready for beta testing in April. You can purchase an early bird 30% off discount voucher for this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=80

Backdoors, Rootkits, and Open Source Incident Response/Forensics Tools (40 Hours)

\$599

This course focuses on post exploitation. It covers lots of little tricks attacks use maintain access to both Unix and Windows systems.

The outline for this course can be found at:

http://www.learnsecurityonline.com/CourseOutlines/MaintainingAccess_Course_Outline.pdf

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=81

Programming Courses

- C
- Perl
- Python
- Ruby
- Assembly
- Web Languages

C Programming (30 Hours) \$399

This course is designed to provide you with an easy step by step guide to the ANSI C programming language.

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=82



Learn Security Online

Perl (30 Hours)

\$399

This course is designed to provide you with an easy step by step guide to the Perl scripting language.

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=82

Python (30 Hours)

\$399

This course is designed to provide you with an easy step by step guide to the Python scripting language.

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=84

Ruby (30 Hours)

\$399

This course is designed to provide you with an easy step by step guide to the Ruby scripting language.

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=85

Assembly (30 Hours)

\$399

This course is designed to provide you with an easy step by step guide to the Assembly programming language.

You can purchase this course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=86

Web Languages Course (160 Hours)

\$1499.95 BETA Price

This is actually what we recommend as the prep course for the Hacking Web Applications course. It introduces you to a huge number of today's most popular web programming languages including:

- HTML
- Javascript
- VBScript
- PHP
- ASP
- CSS
- CGI
- XML
- SQL
- AJAX

You can purchase this early bird discount course by clicking on the link below:

https://www.2checkout.com/2co/buyer/purchase?sid=56007&quantity=1&product_id=87



Learn Security Online

LSO Lab Server

We now offer a custom LSO lab server that companies can purchase. This option includes your choice of a dual processor Dell, Gateway, or HP server configured with a web management interface to deploy LSO courses and labs. The server also allows for test labs (e.g. If you have you need to test a software package or computer/network configuration for its security worthiness before deploying it in your enterprise) as well.

The server can be configured to deploy both the certification preparation and hands-on skill based courseware. The certification preparation courses included are:

- Linux+
- Network+
- Security+
- Certified Ethical Hacker (CEH)
- Certified Penetration Testing Specialist (CPTS)
- Certified Hacking Forensic Investigator (CHFI)
- Certified Information System Security Professional (CISSP)

The hands-on skill based courses included are:

- Hacking 101
- Hacking Linux
- Hacking Windows
- Hacking Tools
- Backdoors, Rootkits, & Open Source Forensics Tools
- Web Application Hacking



Learn Security Online

Security Skill Assessment Project

Learn Security Online is proud to announce the Security Skill Assessment Project which is a network security lab with the ability to configure and manage the hosts, as well as verify the completion of required tasks. The user is tasked with demonstrating a satisfactory level of competency in several hands-on security skill areas.

The network consists of at least one of each operating system:

Linux

Windows

Solaris (x86)

This network tests the users in the following skill areas:

Unix Command-line Basics

- Basic Commands
- Taring/Untaring
- Compiling

Windows Command-line Basics

- Basic Commands
- Cygwin

Cryptography Tools

- SSH
- SCP
- SFTP
- Secure POP/Secure SMTP/Secure IMAP
- PGP
- GPG
- FreeS/WAN
- MD5SUM
- SHA1SUM
- STUNNEL

TCP/IP For Security

- Packet Reading Basics
- Port Scanning
- Passive OS Fingerprinting
- Layer 2 Attacks
- Intrusion Detection Systems
- Firewalls
- Packet Crafting

Footprinting Tools

- Samspace
- Google
- DNSMap

Attack Methodologies

- OSSTMM
- OWASP

Scanning Tools

- NMap
- Xprobe
- Hping

Enumeration Tools

- Netcat
- Smbclient
- User2Sid/Sid2User
- MS "Net" Tools

Vulnerability Scanners

- Nessus
- Nitko
- HFNetchk
- MBSA



Learn Security Online

Penetration Tools

- Metasploit

Sniffing Tools

- TCPDump
- Dsniff Suite
- Ettercap

Host Hardening Tools

- Unix
 - Bastille
- Windows
 - MSBA
 - IIS LockDown Tool

Programming For Security

- C Language Basics
- C sockets
- In-line ASM

Perl

- Language Basics
- Network Programming With Perl
- Example Security Uses
- Vulnerability Checking
- Exploits

Metasploit

- MSFConsole
- MSFCLI
- Customizing Exploits
- Meterpreter

Databases

- MySQL
- MS SQL
- Oracle

Nessus Attack Scripting Language

Utility/Multi-purpose Tools

- Netcat
- PSTools Suite

Maintaining Access Tools

- Backdoors
- Log Cleaners
- RootKits

Shellcoding

- Linux
- Windows
- Mac OS X

Buffer Overflows

- Stack Overflows
- Heap Overflows
- Format Strings

Python

- Language Basics
- Network Programming With Python
- Example Security Uses
- Vulnerability Checking
- Exploits

Web Languages

- HTML
- Javascript
- VBscript
- PHP
- ASP

Incident Response/Forensics

- Windows
 - Live Incident Response
 - Forensics
- Unix/Linux
 - Live Incident Response
 - Forensics



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Web Application Security

- HTTP Referrer Spoof
- Hidden Parameter Manipulation
- Weak Password Encoding
- Virtual Directory Traversal
- Guess Password Reminder
- Fast Logins
- Cross Site Scripting
- HTTP PUT Vulnerability

Web Application Security

- Buffer Overflow
- Adjacent Buffer Vulnerability
- Proxy
- SQL Injection
- Fail Open
- Error message contains hint
- MD5 Hashed Password
- Preproduction Site
- Forced Browsing

Host Hardening

- Unix Hardening
- Unix Patch Management
- Windows Hardening
- Windows Patch Management
- Windows Anti-Virus

Network Hardening

- Firewall
- IDS
- VLANS
- Patch Management
- Anti-Virus



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Joe McCray's Speaking Topics

This section of the document outlines the topics Learn Security Online founder Joe McCray and other LSO mentors will typically speak on at conferences, seminars, and workshops.

Learning Computer Security: Hands-on Learning

In this talk Joe McCray outlines the core competencies of computer security, which are Operating Systems, Networking, and Programming. Each competency is illustrated with a demonstration of an attack requiring deep knowledge in that competency. The talk also covers advanced areas of computer security such as cryptography, security auditing, incident response, and forensics. Mr. McCray will also perform advanced attack demonstrations as well as provide a realistic path for learning these competencies and skills.

Talk Duration: 1 – 4 Hours
Prerequisites: Information Technology Background
Audience: IT Directors, IT Support Staff, Application Developers
Security Administrators, Information Assurance Officers

Teaching Computer Security: Making your training more hands-on

In this talk Joe McCray outlines interactive methods for teaching both the core and advanced competencies of computer security. This talk is designed to address the training development needs of College Professors, IT Trainers, IT and IT Security Professionals. This talk is also well suited for people wanting to improve the quality of training in their company. Additionally, technical skill evaluation techniques that are great for job interviews, as well as how to integrate hands-on training into periodic reviews of employee skill sets will be covered.

Talk Duration: 1 – 3 Hours
Prerequisites: Information Technology Background
Audience: College Instructors, IT Trainers, IT Directors
IT Support Staff, Application Developers
Security Administrators, Information Assurance Officers

Defending Against Hacker Techniques & Tactics

In this talk Joe McCray explains and demonstrates several methods that malicious hackers use to find and exploit network and system vulnerabilities. Defensive strategies for each class of attack will be covered as well as how to keep up with the latest attacks and defenses.

Talk Duration: 1 – 4 Hours



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Prerequisites: Information Technology Background
Audience: IT Directors, IT Support Staff, Application Developers
Security Administrators, Information Assurance Officers

Evaluating the Technical Security Skills of IT Professionals

Joe McCray covers several methods Learn Security Online uses to evaluate the technical proficiency of IT professionals in applied information security technology.

Talk Duration: 1 – 2 Hours
Prerequisites: Information Technology Background
Audience: IT Directors, IT Support Staff, Application Developers
Security Administrators, Information Assurance Officers

Contact Information:

For more information about the topics Joe McCray and LSO Mentors speak on contact Joe McCray via email at: joe@learnsecurityonline.com or by phone at 1-866-892-2132.