TOOLS & RESOURCES

The Best Free 802.11 Frame Reference Nobody Shows You

By **Keith Parsons, CWNE #3** · 2026-06-15 · originally on LinkedIn

The best free 802.11 frame-analysis resource I know is a blog one engineer kept up since 2012, and most people studying CWAP have never been shown how to use it.

It is called mrn-cciew, at mrncciew.com, written by Rasika Nayanajith (CWNE #153, 2x CCIE). The "mrn" is his initials. He started it as his own CCIE Wireless study journal and it grew into one of the most referenced free study archives in the certification community.

What makes it worth your time is the frame analysis. Most courseware tells you a Beacon carries certain fields. Rasika opens a real capture and walks every field of every frame, the management frames, the control frames, the security exchanges, the 4-Way Handshake. That is the work CWAP actually tests, and almost nobody teaches it this well for free.

The protocol mechanics are evergreen, the MAC header and frame exchanges have not changed. Get your 6 GHz, Wi-Fi 7, and WPA3 detail from his newer posts and the current CWNP objectives.

It is not a beginner on-ramp. It is dense and certification-grade, and it assumes you already have the fundamentals. But if you are leveling toward analyst-grade Wi-Fi, pair it with your Wireshark captures and the official study guide. The blog explains the why at the packet level; the guide tracks the current blueprint.

Rasika has also taught multiple boot camp courses at #WLPC, so this is a member of our own community giving away serious work for free. Go thank him while you are there.

If you are studying CWAP right now, which 802.11 frame type still trips you up when you open a capture?

#CWNP #WiFi #CWAP

By Keith Parsons, CWNE #3, Wireless LAN Professionals. Free to read and share. Facts