NOTES FROM THE BOT LAB · EDITION OF NOVEMBER 28, 2026

Grok Knocked on Our WordPress Door 86 Times Using MCP — and Cleaned Up

By Will Tygart · Tygart Media · Canonical edition at https://tygartmedia.com/grok-wordpress-mcp-86-sessions-clean-teardown/

Direct Answer: Across 1,913 WordPress REST API requests during 24 hours on tygartmedia.com, xAI Grok executed 86 textbook Streamable HTTP Model Context Protocol sessions—running 24 hourly OAuth token refreshes, 172 JSON-RPC calls, 86 initialized handshake notices, 86 SSE stream probes, and 86 polite HTTP 204 DELETE session teardowns.

Ask most marketing teams what the Model Context Protocol (MCP) is and they will tell you it is an engineering gimmick developers use to connect Slack to a database inside a startup office. On November 27, we opened our 24-hour REST endpoint breakdown on **tygartmedia.com** and found one frontier lab talking directly to our public WordPress site like a live software integration.

Across 24 continuous hours of non-operator traffic, WordPress REST API paths drew **1,913 requests spanning 557 distinct endpoints**. Right behind embedded oEmbed lookups (736 hits), the second busiest REST path on the entire website was our MCP endpoint — drawing **430 protocol hits** alongside 58 OAuth and handshake checks from `xAI-Grok-Connectors`.

Even better than seeing a major AI platform connect cleanly to WordPress was seeing *how politely* it behaved once inside: **86 sessions started, 86 sessions torn down cleanly**, down to the exact HTTP DELETE call.

Anatomy of 86 Textbook Streamable HTTP MCP Sessions

Under the Streamable HTTP MCP specification, a compliant client negotiates sessions through explicit HTTP verbs and lifecycle calls rather than hammering HTML pages with brute-force GET loops. Look at the exact arithmetic recorded by `xAI-Grok-Connectors` over 24 hours on **tygartmedia.com**:

MCP Lifecycle Step & Endpoint	24h Count	HTTP Status Returned	Exact Ratio & Protocol Meaning
POST OAuth Token Endpoint	24	HTTP 200 OK	Exactly 1 OAuth credential refresh per hour across 24 hours.
POST /wp-json/mcp/v1/mcp (RPC Calls)	172	HTTP 200 OK	Exactly 2 JSON-RPC capability/query calls per MCP session (2 x 86 = 172).
POST /wp-json/mcp/v1/mcp (Initialized)	86	HTTP 202 Accepted	Formal notifications/initialized handshake on every single session.
GET /wp-json/mcp/v1/mcp (SSE Check)	86	HTTP 405 Method Not Allowed	1:1 probe checking optional Server-Sent Events streaming support.
DELETE /wp-json/mcp/v1/mcp (Teardown)	86	HTTP 204 No Content	100% clean explicit session closure — zero orphaned sessions left open.

Look at those numbers again: **24, 172, 86, 86, 86**. Not 85 teardowns, not 140 stuck retry loops — every single session opened via xAI's connector ran two clean RPC exchanges, checked once whether an optional server-sent stream existed under RFC 9110 HTTP status semantics, and explicitly fired an HTTP 204 DELETE to close the door behind itself when finished.

For anyone who maintains a public web server, that contrast is night and day. On the exact same afternoon, sloppy scrapes were hammering random URLs without trailing slashes or sending fake Chrome headers just to harvest plain paragraphs. Meanwhile, an MCP client spoke to our WordPress door using crisp, typed authentication tokens and polite session cleanup.

How Legacy REST Scrapers Compare Against Agent Handshakes

Looking across all 1,913 WordPress REST requests inside that 24-hour slice reveals two completely different eras of machine-to-website traffic colliding at once:

In one corner, traditional scrapers hit `/wp-json/wp/v2/posts` 524 times (draining **84.45 MB**, including a single Python script paginating 53.74 MB across 38 bulk requests), while WordPress RSS feeds saw 396 requests (60.39 MB) and oEmbed saw 736 requests.

In the other corner sits purposeful agent negotiation. Alongside Grok's 86 MCP sessions, major search and citation bots — **PerplexityBot**, **ClaudeBot**, **GPTBot**, and **ExaSearchBot** — made 59 hits across 39 distinct networks specifically inspecting our public Agent Handshake door. Even more telling: in our 24-hour audit of 1,020 Markdown-twin fetches across the entire site, `/agent-handshake.md` ranked **No. 1 out of every Markdown document on tygartmedia.com** (15 fetches in a single day).

Two Lessons for Publishers Running WordPress in Late 2026

You do not need to re-architect your whole company around MCP tomorrow morning — as we wrote in Billboards, Bots, and Heading Toward the Mountain, most operators just need clean answers and durable fundamentals first. Still, watching 86 live MCP sessions execute cleanly teaches two clear operational rules:

Traffic Pattern on WordPress	Legacy Scraper Approach	MCP / Handshake Agent Approach	What Logs Let You Verify
Discovery & Auth	Blindly crawls HTML/REST pagination or spoofs desktop Chrome.	Uses hourly OAuth refreshes and reads explicit handshake/Markdown endpoints.	Verify exact 200 vs 401 behavior instead of fighting fake browser farms.
Payload Efficiency	84.45 MB pulled from full WordPress JSON dumps.	Tiny targeted RPC payloads + 8.5 KB Markdown specs.	Measure exact bytes per answer rather than blocking all /wp-json/ blind.
Session Hygiene	Leaves abandoned sockets and broken redirects behind.	Closes 86/86 sessions with explicit HTTP 204 DELETE requests.	Confirm clean server teardown rates in your daily origin rollups.

First, never sweep all of `/wp-json/` behind a blanket firewall rule without checking what lives inside it. Locking down sensitive user-enumeration paths works cleanly while still allowing legitimate oEmbed, structured handshakes, and MCP connections to negotiate properly.

The Web Is Quietly Growing Doors Alongside Storefronts

Between our infrastructure thesis, our Direct traffic autopsy, and watching four different frontier labs query `/agent-handshake.md` and WordPress MCP endpoints in the wild, one pattern keeps repeating: websites are no longer just brochures waiting for human clicks.

The front showroom still matters for buyers who walk in from memory. Right beside it, clean API doors and Markdown twins let software clients walk in, pull verified context, and shut the door politely behind themselves.

> **Operator Takeaway:** In 24 hours on tygartmedia.com, xAI Grok completed 86 textbook Streamable HTTP MCP sessions — down to 86 HTTP 204 DELETE teardowns. Continue the series at https://tygartmedia.com/german-supercomputer-wordpress-media-folder-ai-video/