

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Focus Attention Training is a mental tool.

Master your attention to improve surfing performance and flow.

Focus Attention Training provides a psychological framework for surfers to manage how they direct their attention. You can use it to shift between body mechanics and environmental scanning, ensuring you stay ready for high-complexity waves. It helps you build structured practice routines and mental triggers to stay locked in when the ocean gets chaotic.

surfing

mental-training

focus

performance

athlete



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Focus Attention Training MCP

4 tools available

Cloud-hosted on Vinkius

Surfing requires constant shifts in focus. You might need to concentrate on your physical movements one second and scan the horizon for the next. This MCP helps you manage those transitions so you don't lose your flow. You can use your AI client to build specific mental exercises that strengthen your ability to stay present. If you find yourself distracted by a crowd or a heavy swell, you can quickly generate mental triggers to pull your attention back to the wave. The system also lets you check if your current mental state is actually ready for the difficulty of the waves you are targeting. Instead of guessing if you are prepared, you can build structured practice protocols that combine specific drills and cues into timed sessions. This turns mental training from a vague idea into a repeatable part of your surf prep.

Core Capabilities

01 — Mental Trigger Generation

Your agent creates specific cues to help you ignore distractions like crowds or heavy sets.

02 — Readiness Assessment

Your AI client checks if your mental focus is high enough for the specific wave conditions you face.

03 — Structured Training Routines

Your agent builds timed practice sessions that mix drills and mental cues.

04 — Focus Strengthening

Your agent provides exercises designed to increase how long you can hold a specific type of attention.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/focus-attention-training — connect your AI agent in three steps.

- 01 Connect your MCP-compatible client to Vinkius.
- 02 Tell your agent about your current focus level or your surfing goals.
- 03 Ask for specific drills or mental cues based on your needs.
- 04 Use the generated protocols to guide your mental training sessions.

You connect the MCP to your AI client and start training through direct conversation.

Built For

This MCP is built for athletes who need to manage their mental state in high-stakes environments.

Surfers

Use it to manage the transition between body mechanics and environmental scanning.

Performance Coaches

Hand off the creation of structured mental practice protocols to your agent.

Mental Performance Trainers

Use the assessment tools to gauge athlete readiness for complex tasks.

What Changes When You Connect

- 01 Reduces mental fatigue by providing specific cues for distractions.
- 02 Connects mental readiness to physical performance goals.
- 03 Turns abstract focus concepts into timed, actionable practice sessions.

- 04** Helps transition between internal body awareness and external environmental scanning.
-

Real-World Applications

Managing Crowds

Generate a quick mental cue to stay focused on the wave when the lineup gets busy.

Risk Management

Check your attention capacity before attempting a high-complexity maneuver in heavy water.

Pre-Session Prep

Build a timed protocol of drills to get your mind ready before you paddle out.

Skill Acquisition

Use specific drills to improve how you process environmental information while riding.

4 Tools Available

#	TOOL	DESCRIPTION
01	create_attention_cues	This tool generates immediate mental triggers. Use it to find specific words or thoughts that help you fight off distractions in the water.
02	assess_attention_capacity	This tool analyzes your current focus level. It tells you if your mental readiness matches the complexity of your surfing goals.
03	build_practice_protocol	This tool assembles structured training routines. It combines drills and cues into a timed session for your practice.
04	generate_focus_drills	This tool provides mental exercises. Use it to build the ability to sustain focus during long sessions.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I want to improve my barrel riding. My current focus level is 70. Give me some drills for external focus.



Here are your external focus drills for barrel riding: 1. Wave Face Scanning (5 mins) - Observe the lip movement. 2. Horizon Stabilization (5 mins) - Keep eyes fixed on the distant swell.

U I'm feeling distracted by the crowd in the water. Help me with a cue.



To counter environmental distractions, use this external cue: 'Watch the lip'.

U Is my focus level of 50 enough for a goal complexity of 8?



No, your readiness score is low. We recommend increasing your focus drills or lowering the goal complexity to manage the high risk level.

Frequently Asked Questions

01 What is Focus Attention Training?

It is an MCP that provides a psychological framework for surfers to manage their attention and improve performance.

02 How do I use this with Claude or Cursor?

You connect to the Vinkius-hosted MCP once, and then you can use your AI client to call the tools directly through chat.

03 Can I use this for other sports?

The framework is built for surfing, but the principles of managing internal and external focus apply to many high-performance athletes.

04 How does it help with distractions?

The tool can generate specific attention cues that act as mental triggers to pull your focus back to the task at hand.

05 Does it provide actual workout routines?

It provides mental training protocols, which include timed drills and cues rather than physical exercises.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"focus-attention-training": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Focus Attention Training is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Server ID	01a0a449-43a1-7107-90db-0cdc1077d1c9
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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