



Iran War Update: July 11–13, 2026

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President Donald Trump and Iranian President Masoud Pezeshkian signed a Memorandum of Understanding (MOU) on June 17, outlining terms to end the war and reopen the Strait of Hormuz. The MOU launches a 60-day period of technical negotiations on Iran's nuclear program. JINSA continues to release regular updates about the conflict. The update below includes information since [JINSA's last update](#) as of July 13 at 10:15 am ET.

Iranian missiles and drones launched since June 14 U.S.-Iran MOU announcement: **At least 120** (31 on July 11–13)

Ships transiting Strait of Hormuz since June 14 MOU announcement: **At least 612** (at least 15 between July 11–July 13)

Daily average of ships transiting Strait of Hormuz since June 14 MOU announcement: **20.3**

Daily average of ships transiting Strait of Hormuz prior to the Iran war: **138**

1. Overview

- On July 13, President Donald Trump [posted](#) on Truth Social that “The Hormuz Strait is OPEN, and will remain OPEN, with or without Iran. We are reinstating the THE [sic] IRANIAN BLOCKADE, so named because it is only stopping Iran's ships or customers from entering or leaving. All other countries will have fair and open use of the Strait.”
 - » He claimed that “The U.S.A. will be, from this point forward, known as “THE GUARDIAN OF THE HORMUZ STRAIT,” but as such, and as a matter of FAIRNESS, will be reimbursed, at the rate of 20% on all cargo shipped, for any and all costs necessary to do the job of providing safety and security to this very volatile section of the World.”
- Commercial shipping flows through the Strait of Hormuz have declined to their lowest levels since the U.S.-Iran MOU was reached on June 14.
 - » According to Kpler shipping data reviewed by JINSA, just four vessels transited the Strait of Hormuz on July 12, and zero have done so thus far on July 13.
 - » Previously, an average of roughly 21 commercial vessels had crossed through the Strait since the MOU was reached, per JINSA data.
- According to reporting from *The New York Times* on July 13, Israel [undertook](#) a multi-year operation to recruit former Iranian President Mahmoud Ahmadinejad and have him assume power as the leader of Iran.

- » Israeli strikes on the first day of Operation Roaring Lion hit Ahmadinejad's security detail to allow him to escape house arrest, but Ahmadinejad left the safe house where he had been moved to, and his status is unclear.
- On July 12, President Trump [posted](#) on Truth Social that "1000 Missiles are Locked and Loaded and aimed at the Islamic Republic of Iran, with thousands of more to immediately follow, should the Iranian Government act on its threat, pronounced in many corners of the Globe, to assassinate, or attempt to assassinate, the sitting President of the United States of America, in this case, ME!"
- On July 12, Israel's *Walla News* [reported](#), citing a senior Israeli official, that Israel and the United States have conducted advanced planning for a "variety of scenarios," including a return to joint combat against Iran by the U.S. and Israeli militaries.
- The United States and Iran escalated their exchange of fire from July 11-13, with Iran launching at least 31 projectiles at seven nations and shipping vessels.
 - » Overnight on July 11, the United States hit roughly 140 targets in Iran, including "missile and drone sites, naval capabilities, ammunition storage facilities, communication networks, and coastal surveillance locations," according to a U.S. Central Command (CENTCOM) [statement](#).
 - » Iran's retaliation on July 12 [targeted](#) more countries than it had on any other day since the ceasefire began on April 8, with attacks against Bahrain, Kuwait, Jordan, the United Arab Emirates (U.A.E.), Qatar, Oman, and commercial shipping vessels.
 - » Overnight on July 12, the United States struck "dozens of targets at multiple locations with precision munitions to degrade Iran's ability to continue attacking international shipping flowing through the Strait of Hormuz, per a [statement](#) from CENTCOM.
 - » On July 13, Iran conducted missile and drone attacks against Jordan, Bahrain, and [Iraq](#).
- On July 12, President Trump [alleged](#) in an NBC interview that Iran had agreed to a "perfect deal for us" the day before. He stated that in the deal Iran "gave up everything," including with regard to their nuclear program. However, Trump shared that within an hour of agreeing to the deal, Iran targeted a ship in the Strait of Hormuz—prompting Trump to describe the Iranians as "very, very evil and sick people."

2. Diplomatic Engagement

Iran

- The Iranian Foreign Ministry [stated](#) on July 13 that the most recent U.S. strikes have "rendered futile" months of negotiations.
 - » The Foreign Ministry added that "The U.S. regime has also caused the return of insecurity in the Strait of Hormuz and disruption of international commercial shipping by openly interfering in the process of Iran implementing the necessary arrangements in the Strait of Hormuz."
- On July 12, Iranian Parliament Speaker and lead negotiator Mohammed Bagher Ghalibaf [warned](#) in an X post, "The era of one-sided deals is OVER. We told you: keep your word or pay the price. Reality is knocking."
 - » In the post, he included a screenshot of the opening text of Point 5 of the MOU, highlighting the phrase that "the Islamic Republic of Iran will make arrangements," with regard to toll-free transit through the Strait of Hormuz for 60 days.
- CNN [reported](#) on July 11 that Oman prepared a proposal for management of the Strait of Hormuz through two routes, one through Oman's territorial waters, with vessels permitted to travel freely under pre-war conditions, and a second through Iran's territorial waters. Ships traveling through the latter would require Iranian approval, but tolls would not be imposed.

- » In a meeting between Iran's Foreign Minister Abbas Araghchi and Omani Foreign Minister Sayyid Badr Albusaidi on July 11, the two officials discussed facilitating safe ship travel through the Strait of Hormuz.
- On July 10, Iranian Foreign Minister Seyed Abbas Araghchi [posted](#) on X that "Iran has so far kept its word" with regard to the MOU, "unlike the so-called U.S. Treasury Secretary who is violating Para 9," which stated that the United States will refrain from imposing additional sanctions on Iran. He added, "There can only be mutual compliance."
- On July 10, *The Wall Street Journal* [reported](#), citing U.S. officials, that the Trump administration increasingly believes that given Iran's lack of compliance with the MOU, "there is little hope of reaching a far more complex deal to dispose of Iran's nuclear material and impose long-term caps on its [nuclear] program."
- Senior American officials shared with reporters on July 10 that the United States has [demanded](#) a public statement from Iran confirming that attacks on shipping will cease and all lanes in the Strait of Hormuz will be open, without tolls imposed.
 - » One official told reporters that "they're either going to give us that statement or we're not having a good outcome for them."
 - » A senior official shared that Iran blamed "an errant part of their system" for the recent attacks on ships in the Strait of Hormuz.
 - » One official stated that "the president has directed us to talk," but noted that "if they keep on shooting at ships or they engage on any other hostile acts, then we're going to hit 'em back."
 - » An official noted that "if we don't get the dust," referring to Iran's highly enriched uranium, "we do not have a deal with Iran." In that case, the official noted that "we have a lot of options," including using military and economic means.

Lebanon

- On July 11, American military representatives [traveled](#) to Beirut to meet with members of the Lebanese army.
 - » An anonymous Lebanese official stated that "the American military delegation arrived and began meetings with the Lebanese army command to discuss the mechanisms for implementing the first pilot zone from which the Israelis will withdraw, allowing the Lebanese army to deploy."
 - » Referring to a June 26 deal signed between American, Israeli, and Lebanese representatives, the official stated that "this is the main objective the American military delegation is bringing to Lebanon... it is the translation and implementation of the framework agreement."
 - » The official added that "the first pilot zone will launch in a matter of days, and further pilot zones are being mapped out and planned."

3. U.S. and Israeli Operations

Iran

- On the evening of July 12, Iranian state media [reported](#) that the "enemy" fired missiles at Iran's Qeshm Island.
- On the morning of July 12, Iranian state media [reported](#) that explosions occurred in Asaluyeh, Bandar Abbas, Bushehr, Chabahar, Qeshm Island, and Sirik.
- On the evening of July 11, CENTCOM [confirmed](#) American strikes on Iranian regime targets, writing on X that "At 7:15 p.m. ET today, U.S. Central Command forces began launching the third round of strikes this week against Iran after Islamic Revolutionary Guard Corps forces

blatantly attacked M/V *GFS Galaxy*, a Cyprus-flagged container ship transiting the Strait of Hormuz. A civilian crew member is missing and the vessel is unable to continue the journey due to an onboard fire and significant engine room damage.”

- » In a separate X post describing the strikes and their targets, CENTCOM [wrote](#), “U.S. forces hit approximately 140 Iranian military targets with precision munitions launched by land- and sea-based fighter aircraft, drones, and naval vessels. Targets included Iranian missile and drone sites, naval capabilities, ammunition storage facilities, communication networks, and coastal surveillance locations.”
- » CENTCOM added that “During three nights of strikes this week, CENTCOM has struck more than 300 targets at the direction of the Commander in Chief to degrade Iran’s ability to attack civilian mariners and commercial vessels freely transiting the strait. Commercial vessel transits through the vital international maritime corridor continue.”
- » Following CENTCOM’s announcement, U.S. Secretary of Defense Pete Hegseth [wrote](#) on X that “Iran made a poor choice. Now they pay.”
- On July 10, the USS *Abraham Lincoln* and USS *George H.W. Bush* aircraft carriers reportedly [entered](#) the Gulf of Oman.

Lebanon

- On July 11, the Israel Defense Forces (IDF) [bombed](#) a cell of Hezbollah fighters transporting anti-tank missiles in Israel’s security zone in southern Lebanon.
 - » The IDF’s confirmation [followed](#) Lebanese media reports of Israeli strikes occurring in Mansour earlier in the day.
- On July 10, the IDF [struck and killed](#) a Hezbollah fighter operating near a tunnel shaft in southern Lebanon’s Ali Taher ridge area.
 - » According to the IDF, several Hezbollah operatives are still stationed in the tunnel system, with Israel’s military stating that it will “not allow Hezbollah terrorists to exit the underground tunnel network or move in the area of the ridge.”
- On July 10, the IDF [killed](#) a suspected Hezbollah member operating a vehicle near Israel’s security zone in southern Lebanon.

4. Strait of Hormuz Shipping

- On June 11, Iran’s Islamic Revolutionary Guard Corps (IRGC) [declared](#) that the Strait of Hormuz was closed to international shipping, and Iranian officials reiterated that position in a statement released the following day by Iran’s new Persian Gulf Strait Authority.
 - » In response, CENTCOM said in a July 12 [statement](#), “The Strait of Hormuz is open to all vessels seeking to lawfully transit the international waterway. U.S. forces are positioned and prepared to ensure that freedom of navigation remains available despite unwarranted Iranian aggression, harassment, threats, and arbitrary declarations. Iran does not control the strait. Traffic is flowing.”
 - » However, since the morning of July 12 local time, just four commercial ships have traveled through the Strait of Hormuz. Thus far on July 13, there has not been any known commercial shipping traffic in the Strait, according to JINSA’s review of Kpler shipping data.

5. Iranian and Proxy Operations

- On July 13, British officials [revealed](#) that an Iranian proxy group, Harakat Ashab al-Yamin al-Islamia, is responsible for a series of recent arson and vandalism attacks on Jewish temples and charities in London. The group, which has now been banned by the U.K. government,

also allegedly attacked a Persian-language news station in London that is critical of the Iranian regime.

- » According to *The Washington Post*, the group has also claimed responsibility for recent attacks on synagogues in Belgium and the Netherlands.
- On July 12, U.S. Ambassador to Israel Mike Huckabee [told](#) Fox News that “this week, Israeli intelligence tipped off our side, the president and our officials, that there was a very specific plot that was designed to take out President Trump,” by the Iranian government.
 - » Despite Ambassador Huckabee’s claims, President Trump [denied](#) that Israeli intelligence uncovered the alleged assassination plot, telling *The New York Post* on July 10, “No, no. Israel came up with nothing. No, no. I’ve been number one [on Iran’s kill list] for a long time, and it’s the way life is.”
- On July 12, CNN [reported](#) that Iran had launched several drones and a cruise missile at commercial ships in the Strait of Hormuz, all of which were intercepted by U.S. forces.
- On July 12, the United Kingdom Maritime Trade Operations (UKMTO) Center [reported](#) that a container ship sustained damage and caught fire approximately nine nautical miles east of Oman, prompting its crew to abandon the vessel and evacuate to a lifeboat. The United States [attributed](#) the attack to Iran.
 - » The Cyprus-flagged *GFS Galaxy* [sustained](#) significant damage in the Iranian attack, and one crew member, an Indian national, [remains missing](#) as of July 13.
- From July 11-13, Iran escalated its fire against Arab nations by targeting Bahrain, Iraq, Jordan, Kuwait, Oman, Qatar, and the U.A.E.
 - » Bahrain:
 - On July 12–13, Iran conducted six waves of attacks against Bahrain, with the IRGC [claiming](#) it targeted U.S. military facilities and infrastructure in the country that caused fires at the sites.
 - » Iraq:
 - On July 13, Kurdish authorities in Iraq [reported](#) three Iranian drone attacks against a base in Iraqi Kurdistan.
 - » Jordan:
 - On July 13, the Jordanian military [reported](#) intercepting four Iranian missiles that entered the country’s airspace, causing no casualties or material damage.
 - On July 12, Jordan [reported](#) that three Iranian missiles struck several locations across the country, causing minor material damage but no casualties.
 - The IRGC [claimed](#) that its July 12 attack destroyed a command-and-control center and drone hangars at a U.S.-linked military base in Jordan.
 - » Kuwait:
 - On July 12, attacks [struck](#) three northern border facilities, causing material damage, according to the Kuwaiti military.
 - In a separate July 12 attack, a drone [struck](#) an offshore Kuwait Oil Company drilling platform, injuring one worker and causing material damage.
 - » Oman:
 - On July 13, the IRGC [claimed](#) it destroyed two radar systems in the country.
 - » Qatar:

- On July 12, Qatar [intercepted](#) an unspecified number of missiles and drones. Falling debris from a drone interception [resulted](#) in injuries to three people, including a child.
- » United Arab Emirates:
 - On July 12, the Ministry of Defense [reported](#) that its systems engaged an unspecified number of missiles and drones.
- On July 11, CNN [reported](#) that satellite images indicated Iran may be attempting to rebuild nuclear sites, including the Taleghani 2 facility within the Parchin military complex.

6. Threats, Condemnations, and Statements from Iranian and Proxy Officials

- On July 13, Iran's Khatam Al-Anbiya Central Headquarters spokesman Ebrahim Zolfaghari [announced](#) that “a warning is being issued to the leaders of the countries in the region: Any cooperation with or logistical support for the US military will be regarded as an act of war against Iran's sovereignty and national security. If the war expands, its flames will engulf the entire region.”
 - » Zolfaghari also insisted that Iran “will under no circumstances allow the United States to interfere in the management of the Strait of Hormuz—now or in the future.”
- On July 12, Iran's ISNA news agency [quoted](#) Mohsen Rezaee, an advisor to Iran's supreme leader, as saying that the Strait of Hormuz “is more important than dozens of atomic bombs, and the Islamic Republic of Iran will protect it.”
- On July 11, Iranian Supreme Leader Mojtaba Khamenei [warned](#) in a written message that “We pledge to avenge the blood of the martyred leader and all the martyrs of these two wars from the criminal and disgraced killers,” claiming it is “the demand of the nation.”
 - » He added that “Whether we are here or not, this will be achieved, and soon individuals among the freedom-seekers across the world will each carry out part of this divine mission.”

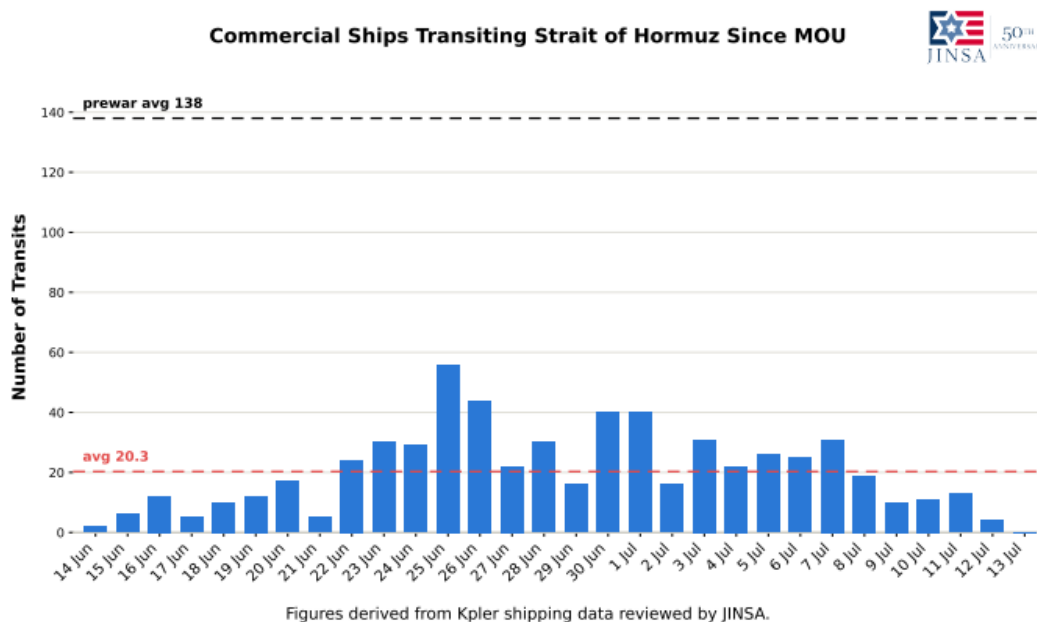
7. International Response

- On July 13, Yemen's internationally recognized Ministry of Defense and opponent of the Iran-backed Houthis [announced](#) that its forces struck a runway to prevent an Iranian aircraft from landing at the Sanaa International Airport—an area under Houthi control.
 - » Despite the efforts of Yemen's armed forces, the Houthi transportation minister [stated](#) that the plane, which was carrying a Houthi delegation, successfully landed at the airport.
 - Following the escalation, Yemen's Presidential Leadership Council head, Rashad al-Alimi, [assured](#) that he “ordered that the scope of the confrontation not be expanded in a manner that would achieve Iran's objective of dragging Yemen and its people into wars.”
- On July 13, the United Kingdom [proscribed](#) the IRGC and the Iran-linked Islamic Movement of Companions of the Right as terrorist organizations, with Prime Minister Keir Starmer claiming that if the designations are confirmed, it “will make it easier to prosecute and lock up anyone carrying out their dirty work here in Britain.”
- On July 12, Qatar's Foreign Ministry [condemned](#) recent Iranian attacks targeting Qatar, as well as Bahrain, Jordan, Kuwait, Oman, and the U.A.E., referring to the strikes as a “dangerous escalation.”
- On July 12, Oman's state news agency [condemned](#) Iran's attacks on Omani territory after Muscat hosted Tehran's foreign minister for diplomatic talks the day prior.

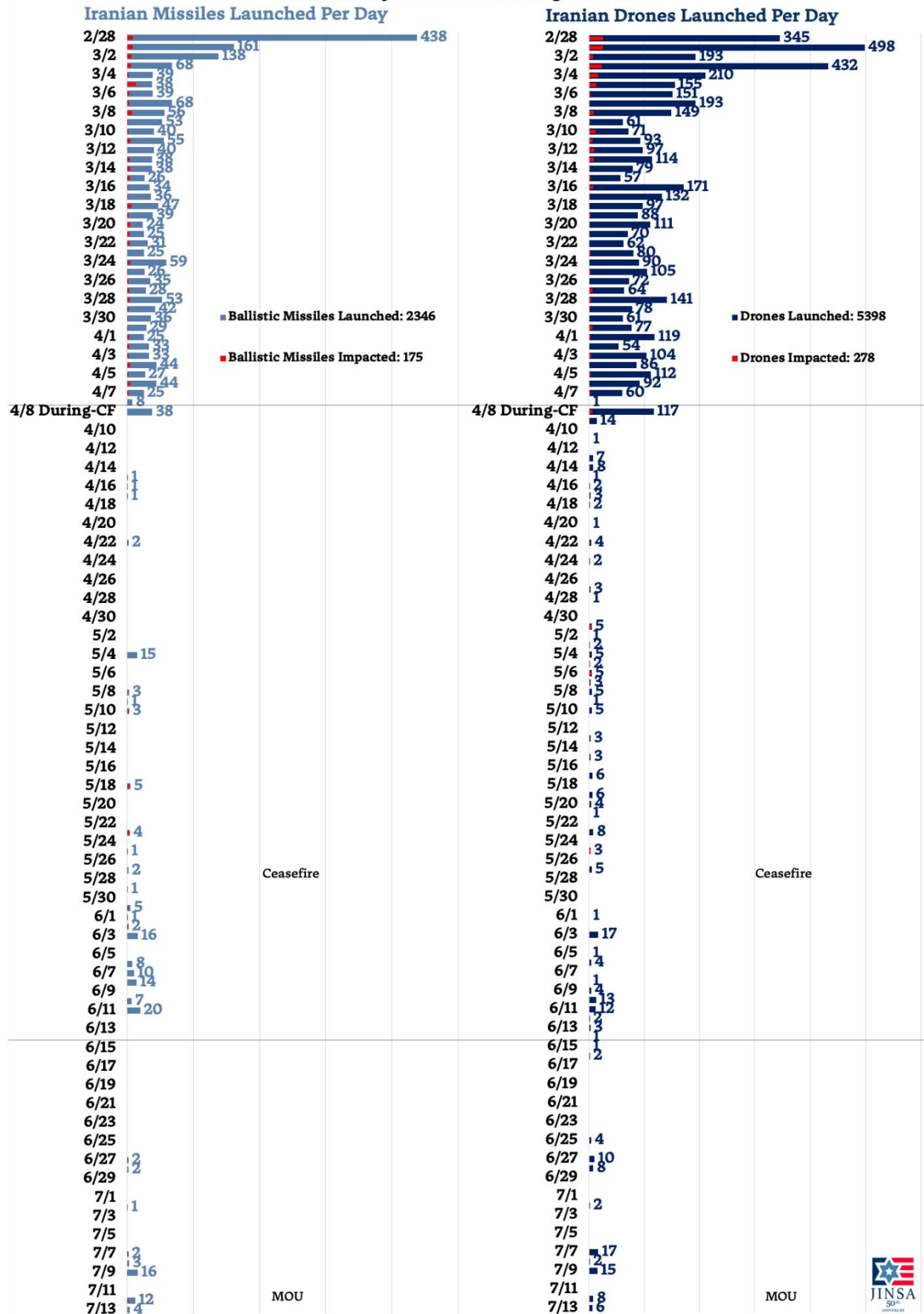
- » In a social media post, the state news agency wrote: “Oman expresses its profound dismay at these irresponsible acts, and underscores the imperative of adhering to the provisions of state sovereignty, good neighborliness, [and] non-interference in internal affairs.”
- On July 12, Pakistani Foreign Minister Ishaq Dar [held](#) a phone call with his Iranian counterpart, Abbas Araghchi, where he urged the United States and Iran to de-escalate the conflict and “show restraint.”
 - » According to Pakistan’s Foreign Ministry, “Both leaders exchanged views on the evolving regional situation,” and Minister Dar “further underscored that dialogue and diplomacy remain the only viable path to resolving disputes and achieving lasting peace and stability in the region.”

Estimated Casualties of Iranian Operations			JINSA
Country	Killed	Injured	Notes
United States	13	400+	10 seriously wounded; 354+ returned to duty
Israel	65+	7,795+	Killed include 26 civilians and 39 killed fighting Hezbollah (38 soldiers, 1 contractor)
Iran	3,650+	26,500+	Includes 1,221+ military; Iran International reports 4,700+ security personnel killed
Azerbaijan	—	4	All civilians
Bahrain	3	46	Killed include a Moroccan contractor; injured include 5 Emirati soldiers
Iraq	119	Several	Includes 20 in Iraqi Kurdistan
Jordan	—	31+	
Kuwait	8	161+	Injured includes 90 soldiers
Lebanon	4,322	12,219	Figures do not distinguish Hezbollah operatives from civilians
Oman	3+	17+	
Qatar	7	23	Killed occurred in March 22 helicopter crash
Saudi Arabia	3	23	Killed include 1 Saudi national and 2 foreign nationals
Syria	4+	Several	
United Arab Emirates	12	230	

Data compiled by JINSA from various sources.



Iranian Projectiles Fired During 2026 War



8. JINSA Resources

- Yoni Tobin, [*Oil For Tehran, Not Us: Removing Iran's Strait Jacket on Global Energy Flows*](#), July 8, 2026
- John Hannah, "[How Trump Can Win Back Allies and Rejuvenate U.S. Diplomacy on Iran](#)," *The Hill*, July 5, 2026
- Michael Makovsky, PhD, and Blaise Misztal, [*Getting on Base: Israel is the Solution to Vulnerability of U.S. Bases in the Gulf*](#), July 2, 2026
- Hussein Aboubakr Mansour, [*The Unmaking of America's Persian Gulf Order*](#), June 26, 2026
- Jonathan Ruhe, [*How the MOU's "Nuclear Status Quo" Negates a Good Iran Deal*](#), June 24, 2026
- Michael Makovsky, PhD, John Hannah, Blaise Misztal, and Jonathan Ruhe, [*Reversal of Fortunes: The U.S.-Iran Memorandum of Understanding*](#), June 23, 2026
- Ari Cicurel, "[Trump Went to War to End Iran's Missile Threat. Now He Endorses It](#)," *Jewish News Syndicate*, June 23, 2026
- [Infographic - The Iran MOU: Did the U.S. Understand the Assignment?](#), June 18, 2026
- Michael Makovsky, PhD, "[Epic Fury Ends with a Flop](#)," *Jewish News Syndicate*, June 17, 2026
- Blaise Misztal, [*Uncertifiable and Illegal, but Probably Unstoppable: Congress Must Review the Iran MOU*](#), June 17, 2026
- Michael Makovsky, PhD, [*The Origins of the Iran Deal*](#), June 16, 2026
- Sarah Havdala, [*While the War Raged On: Repression in Iran*](#), June 16, 2026
- [Infographic: What's the Deal with the Deal?](#) June 12, 2026
- John Hannah, "[Trump Is Stuck and His Iran Leverage Is Spent](#)," *The Washington Examiner*, June 12, 2026
- Jonathan Ruhe, "[We Need a Long-Term Strategy to Deal With Iran](#)," *The Dispatch*, June 11, 2026
- Maj Gen Charles Corcoran, USAF (ret.) and Yoni Tobin, "[What the Iran War Shows About the Future of Warfighting](#)," *RealClearDefense*, June 8, 2026
- Michael Makovsky, PhD, and Blaise Misztal, [*Trump Is Lost on Iran*](#), June 5, 2026