



Iran War Update: July 14, 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 over a 60-day period of further negotiations. However, on July 8, President Donald Trump [declared](#) the MOU to be “over,” and both sides have resumed exchanging fire. JINSA continues to release regular updates about the conflict. The update below includes information since [JINSA’s last update](#) as of July 13 at 10:30 am ET.

Iranian missiles and drones launched since June 14 U.S.-Iran MOU announcement: **At least 131** (21 on July 13–14)

Ships transiting Strait of Hormuz since June 14 MOU announcement: **At least 626** (at least 13 between July 13–July 14)

Daily average of ships transiting Strait of Hormuz since June 14 MOU announcement: **20.1**

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

1. Overview

- Overnight on July 14 local time, the United States “struck military targets across Iran including Bushehr, Chah Bahar, Jask, Konarak, Abu Musa, and Bandar Abbas to further degrade Iran’s ability to attack commercial shipping,” as well as hit “Iranian coastal defense systems, missile and drone sites, and maritime capabilities” with precision munitions, according to a [statement](#) from U.S. Central Command (CENTCOM).
- Earlier on July 14, Iran [struck](#) three commercial [vessels](#), conducted an attack against a U.S. base in [Jordan](#), and launched three separate attacks against [Bahrain](#).
- The price of Brent crude [passed](#) \$85 per barrel on July 14 for the first time in a month.
- The sixth round of direct Israel-Lebanon talks are [taking place](#) on July 14–15 in Rome, Italy, marking the first round of bilateral talks since the [Trilateral Framework](#) was signed on June 26.
- On July 13, CENTCOM [stated](#) that U.S. forces will reimpose a naval blockade against Iran starting at 4:00 pm ET on July 14, with the aim of restricting maritime traffic entering and exiting Iranian ports and coastal areas.
- On July 13, President Donald Trump [stated](#) that he wants several Gulf countries to reimburse the United States for protecting ships in the Strait of Hormuz because “we’re protecting a very rich portion of the world, we’re spending money, and so what we’ve done is we are going to be reimbursed for protection.”
 - » When asked if he thinks it would not be possible to secure a settlement with Tehran, President Trump responded, “I never reached that conclusion. But we’re hitting them very heavy tonight.” He added, “they’re going to fight for a while... and we’ll see what happens.”

- In an interview on July 13, President Trump [stated](#) that the United States will “hit them [Iran] very hard tonight and we’re going to hit them hard tomorrow—and there’s not a damn thing they can do about it.” He added that Iran had “nothing going other than they have big mouths.”
 - » In the interview, President Trump also [threatened](#) that American forces would “probably give Pickaxe [Mountain] a shot relatively soon, claiming that the alleged Iranian nuclear facility could receive “a nice big fat shot right in the front door.”

2. Diplomatic Engagement

- The Trump administration will [hold](#) a string of diplomatic engagements with regional leadership on July 14, with President Trump meeting Iraqi Prime Minister Ali al-Zaidi at the White House; Secretary of State Marco Rubio meeting Jordanian Foreign Minister Ayman Safadi; and two days of U.S.-backed talks between Israel and Lebanon beginning in Rome.
- On July 13, President Trump [repeated](#) an [earlier claim](#) that Iran had agreed to a deal over the weekend, before pulling out “because they found out there was something in the deal they didn’t like.”
- In an interview on July 13, President Trump [described](#) the U.S.-Iran MOU as a “test” which meant little in his mind, given that the Iranians are “sleaze bags” who did not abide by the agreement.
 - » Speaking about Israeli Prime Minister Benjamin Netanyahu, President Trump noted that “sometimes I disagree with him, and I let it be known, and I’ve been right.” He then reiterated that Prime Minister Netanyahu has been a good “wartime prime minister” and argued that without the two of them in power, Israel would have ceased to exist.

Lebanon

- The Israel-Lebanon talks set to occur in Rome are [expected](#) to focus on the standards and pace for implementing a pilot program under which the Israel Defense Forces (IDF) would withdraw from areas after the Lebanese Armed Forces (LAF) clear them of Hezbollah weapons.
 - » A senior Israeli official told Israel’s *Channel 12* that further IDF withdrawals would not occur “as long as the first pilot doesn’t prove itself,” while noting ongoing disagreements over the metrics for determining whether the LAF has completed its mission.

3. U.S. and Israeli Operations

Iran

- On July 14, the United States [paused](#) the removal of U.S. refueling tankers from Ben Gurion Airport in Tel Aviv as tensions with Tehran escalate. Four additional refueling tankers also [landed](#) at Ben Gurion overnight.
 - » In response, Israeli Transportation Minister Miri Regev [announced](#) that Israel will not permit American refueling tankers beyond the agreed-upon number of 20 aircraft to land at Ben Gurion Airport in order to allow for commercial flights. She noted that additional planes must land at Israeli Air Force bases.
- On July 14, Prime Minister Netanyahu [stated](#) during a speech that Israel is “prepared for every scenario,” and that he had “one message for Iran’s leaders: Do not count on there being calm if you attack us... Do not expect a repeat of what happened before, because there will be no repeat. The previous response was powerful enough, but any further attempt to harm us will be met with a different response—far more powerful.”
 - » He added that “the days when someone can attack us without paying a heavy price are over... We proved that in confronting Iran’s axis of evil, and we will continue to act deci-

sively against anyone who harms us. That is how we have acted, and that is how we will continue to act.”

- On the evening of July 13, CENTCOM [wrote](#) on X that its forces carried out five hours of strikes on Iranian regime targets, including locations in “Bushehr, Chah Bahar, Jask, Konarak, Abu Musa, and Bandar Abbas to further degrade Iran’s ability to attack commercial shipping.”
 - » U.S. forces also used “precision munitions against Iranian coastal defense systems, missile and drone sites, and maritime capabilities.”
 - » According to Iranian state media, the United States [carried out](#) strikes on four locations in Bushehr, the city hosting the country’s nuclear plant.
- On July 13, President Trump [noted](#) that the United States is “protecting allies... including Israel, including Saudi Arabia, including Qatar, including UAE. We’re protecting all of them, and we’ve done a very effective job.”

4. Strait of Hormuz Shipping

- On July 13, CENTCOM [announced](#) that the United States will reimpose its naval blockade against Iran, to begin at 4:00 pm ET on July 14. The blockade will restrict maritime traffic entering and exiting Iranian ports and coastal areas while continuing to facilitate other regional shipping.
 - » According to CENTCOM, during the blockade’s initial implementation from April 13 to June 18, U.S. forces redirected more than 140 compliant vessels, disabled nine non-compliant ships, and permitted more than 50 vessels carrying humanitarian aid to pass through the blockade.

5. Iranian and Proxy Operations

- On the morning of July 14, an explosion [occurred](#) after a device struck a Norwegian tanker, the *Stolt Magnesium*, while it was traveling through the Arabian Sea near Oman.
 - » Despite the attack, all the tanker’s crew members are reportedly safe.
- On July 14 local time, Iran [fired](#) two cruise missiles that hit two Emirati tankers transiting the Strait of Hormuz.
 - » According to the Emirati government, the attack resulted in the death of an Indian crew member and injured eight other people.
- On the morning of July 14, Iran [conducted](#) three separate attacks against Bahrain.
 - » The Islamic Revolutionary Guard Corps (IRGC) claimed that it struck an air control radar belonging to the U.S. Navy’s Fifth Fleet, a Patriot system radar, and one of Bahrain’s projectile warning systems. *The Times of Israel* reported that the attack did not result in any damages or injuries.
- On July 14, Iran [launched](#) ballistic missiles at a U.S. military installation in Jordan, with Jordanian forces intercepting four missiles that entered the country’s airspace.
- On July 13, Iran-backed Houthi rebels in Yemen [launched](#) ballistic missiles at southern Saudi Arabia after forces from the Saudi-backed, internationally-recognized government of Yemen [struck](#) the runway at Sanaa International Airport to prevent an Iranian aircraft from landing earlier in the day.
 - » The following day, *Axios*, citing two U.S. officials, [reported](#) that Saudi Arabia had conducted strikes against the Sanaa Airport to prevent an Iranian plane returning from Tehran with Houthi leaders on board from landing.

- That plane, according to *Axios*, “was carrying weapons, missile parts and military experts for the Houthis,” and was forced to divert to a different Yemeni city.

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

- On July 13, Iranian Foreign Minister Abbas Araghchi [mocked](#) President Trump’s proposal to charge a 20 percent fee on cargo transiting the Strait of Hormuz, posting on X that “POTUS is absolutely right” that whoever guarantees safe passage should be compensated. Araghchi asserted that Iran “has always been the GUARDIAN of the Strait and will remain so FOREVER,” adding that 20 percent was “too much” and that Iran “will be fair.”
- On July 13, the Iran-backed Houthis [cautioned](#) “all airlines against overflying the airspace of Saudi Arabia until the blockade on Yemen’s Sanaa International Airport is lifted and stressed that its warnings “should be taken seriously.”

7. International Response

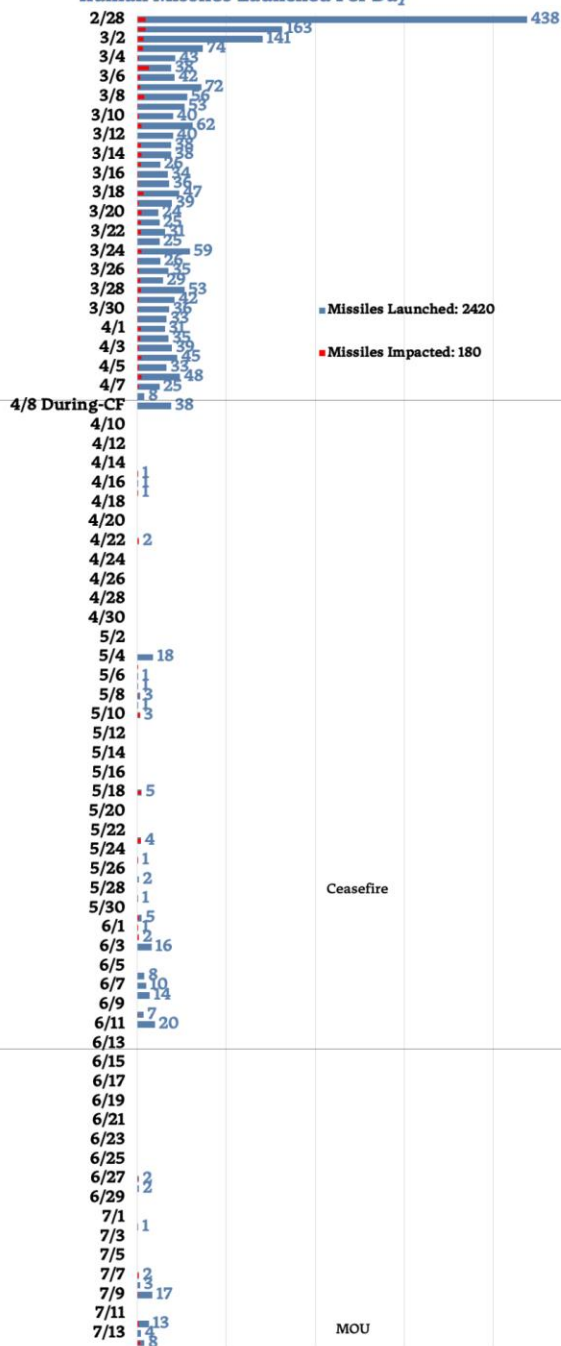
- On July 14, Chinese Foreign Ministry Spokesperson Lin Jian [addressed](#) American and Iranian tensions over the Strait of Hormuz during a news briefing, saying that “Restoring normal and safe passage through the strait as soon as possible is a shared aspiration of the international community.”
 - » He also stated that China is ready to “make unremitting efforts to help de-escalate” the maritime conflict.
- On July 14, New Zealand [summoned](#) Tehran’s ambassador to Wellington, condemning Iranian aggression in the Strait of Hormuz, as well as the IRGC’s malign operations worldwide.
 - » Similarly to New Zealand, India [summoned](#) Tehran’s ambassador to New Delhi on July 14 in response to Iranian attacks on two commercial tankers transiting the Strait of Hormuz, which resulted in the death of one Indian national and injured several others.

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	—	Includes 20 in Iraqi Kurdistan
Jordan	—	31+	
Kuwait	8	161+	Injured includes 90 soldiers
Lebanon	4,324	12,221	Figures do not distinguish Hezbollah operatives from civilians
Oman	3+	17+	
Qatar	7	20	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	

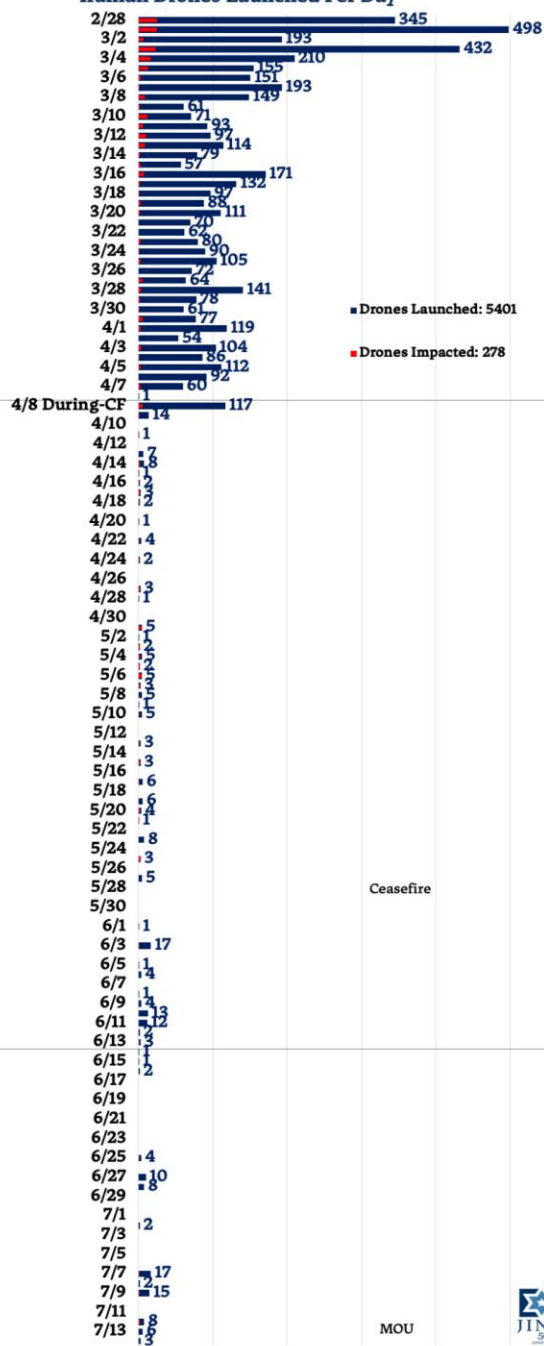
Data compiled by JINSA from various sources.

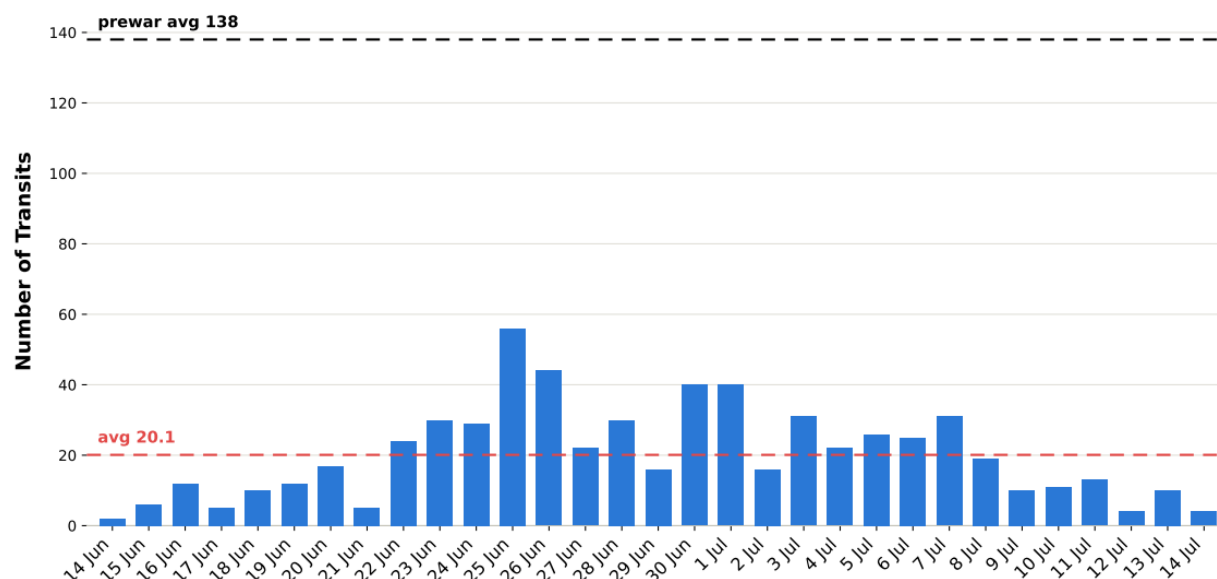
Iranian Projectiles Fired During 2026 War

Iranian Missiles Launched Per Day



Iranian Drones Launched Per Day





Figures derived from Kpler shipping data reviewed by JINSA.

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