



Iran War Update: July 22, 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 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 22 at 10:00 am ET.

Iranian missiles and drones launched since July 7: **At least 313** (28 between July 21–22)

Ships that have seemingly breached the U.S. blockade: **2**

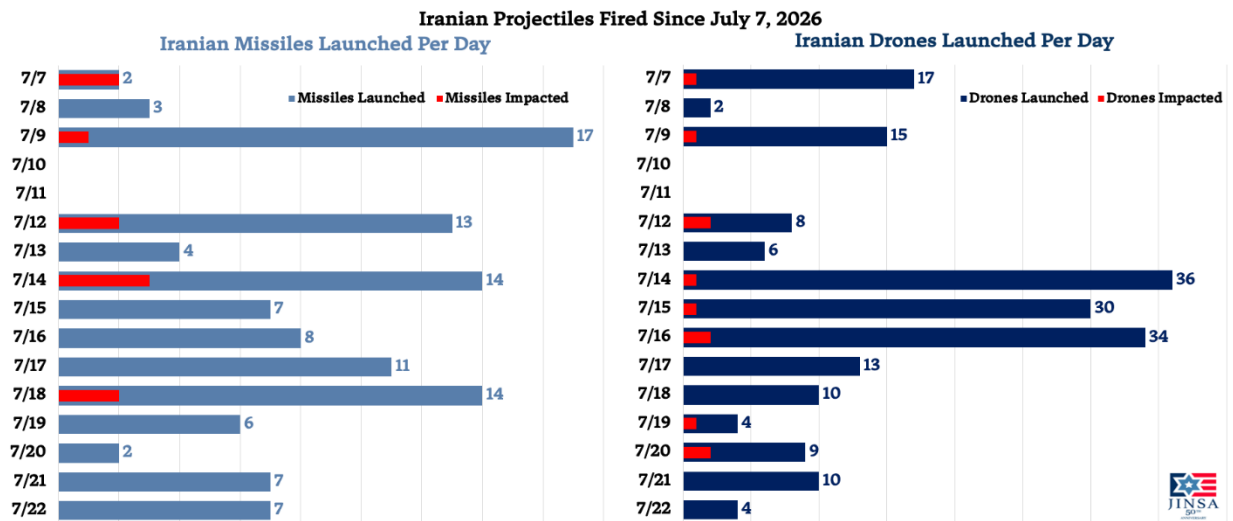
Brent Crude Oil Price: **\$95 a barrel**

1. Overview

- On July 22, President Donald Trump [posted](#) on Truth Social that “any time the Islamic Republic of Iran shoots at a ship in the Strait of Hormuz, whether it be by Missile, Rocket, Drone, or any other device or weapon, the United States will bomb and destroy ONE BRIDGE OR POWER PLANT, including those located next to, or in, the Capital City of Tehran.”
- On July 21, in the eleventh consecutive night of U.S. strikes against Iran, U.S. Central Command (CENTCOM) strikes “targeted Iranian military operations centers, maritime capabilities, aircraft hangars, drone storage facilities, and military logistics infrastructure,” according to a [statement](#) from CENTCOM.
- On June 21–22, Iran conducted at least 14 missile and drone attacks against Bahrain, Kuwait, Jordan, and shipping vessels, claiming it [struck](#) multiple U.S. bases in the region.
- On July 21, *The Wall Street Journal* [reported](#) that “Washington has asked Israel to stay out of the fight for now,” citing several individuals familiar with the matter. According to the *Journal*, U.S. officials believe that Israel re-entering the conflict would derail diplomatic talks and could cause a full-scale regional war.
- During testimony before the Senate Appropriations Committee on July 21, Secretary of Defense Pete Hegseth [claimed](#) that the war with Iran has cost \$37.5 billion, which covered the cost of replenishing munitions but not rebuilding bases hit during Iranian attacks.
 - » NBC News [reported](#) on July 14 that internal Department of Defense estimates place the war at costing \$80–\$100 billion.
- On July 21, following a meeting with Lebanese President Joseph Aoun, President Trump [posted](#) on Truth Social that Aoun had “done a remarkable job working to transform his Coun-

try” and announced that American airlines would be permitted to fly directly to Lebanon, ending a 41-year ban.

- » President Trump [noted](#) during an Oval Office press conference with President Aoun that “there’s a Hezbollah problem, but we’ve done some things that I think the world will take notice,” [adding](#) that “If the president [Aoun] wanted me to speak to Hezbollah, I would.”
- » President Aoun [remarked](#) that the Trilateral Framework signed between the United States, Israel, and Lebanon last month has “the ultimate objective of ending the state of hostility between Lebanon and Israel forever.”
- On July 21, discussing Houthi threats to restrict Red Sea shipping, President Trump [re-marked](#) that “we’ve had no problem with the Houthis. They’ve had no problem with us for a long period of time, including during this conflict [with Iran].”



2. Diplomatic Engagement

Iran

- On July 21, when asked by a reporter about his plan for Iran, given that Iran has indicated its willingness to continue fighting, President Trump [responded](#), “You don’t know what the dialogue is behind the scenes, that they want to meet desperately to try to end it, because they’re getting decimated.”
 - » However, President Trump stated that the United States is uninterested in meeting with Iran “until they’re ready to meet in a meaningful way.”
- On July 21, while speaking at the Association of Southeast Asian Nations (ASEAN) in Manila, Philippines, Secretary of State Marco Rubio [said](#) that the United States is “open-minded and always willing to engage in negotiated settlements of differences,” including in “the case of Iran.”
 - » He added that, despite reaching an agreement under the memorandum of understanding, the Iranians “have not kept their commitments,” nor are they “serious about talks” to negotiate a final settlement.

Lebanon

- On July 22, Italian Foreign Minister Antonio Tajani [announced](#) that the seventh round of direct Israel-Lebanon talks is scheduled to take place in Rome on August 4.
- On July 21, during the pool spray following President Trump’s meeting with Lebanese President Joseph Aoun, Trump was asked whether the United States would assist the Lebanese Armed Forces (LAF) as it sought to disarm Hezbollah. He [replied](#), “We have some very con-

crete plans already in store for that. Others [may be] going in and helping, but [Lebanon is] also becoming much more self-sufficient.”

- » President Trump was also [asked](#) whether he wanted Israel to withdraw fully from Lebanon and whether there was a timeline for doing so. Trump said Israel was “in the process of doing that” and was “redeploying [to] other sections.”
- » For his part, President Aoun [urged](#) Trump to continue providing political support and assistance to the LAF, describing it as “the most trusted institution in the country.”
- On the evening of July 21, President Aoun [said](#) Hezbollah could be disarmed only after Israel withdrew its forces from southern Lebanon, arguing that the Lebanese army could then assume full control of the area.

3. U.S. and Israeli Operations

Iran

- On the evening of July 21, CENTCOM [posted](#) to X, announcing that U.S. forces carried out strikes on Iranian regime sites for the 11th night in a row, particularly targeting “Iranian military operations centers, maritime capabilities, aircraft hangars, drone storage facilities, and military logistics infrastructure to further degrade Iran’s ability to threaten commercial shipping in the Strait of Hormuz.”
 - » Iranian media also reported several overnight strikes and explosions throughout the country, including in the cities of [Tehran](#), [Bushehr](#), [Sirik](#), [Tabriz](#), [Niavaran](#), [Kashanak](#), [Behbahan](#), and [Baneh](#), as well as the country’s [Larak Island](#).
- Speaking to the press on July 21 following his meeting with Lebanese President Joseph Aoun, President Trump [noted](#) that the United States will conduct strikes against Iran’s Pickaxe Mountain “probably pretty soon, and there’s not a thing they can do about it,” repeating threats to strike the nuclear site from earlier this week.
 - » He added that Iran is “trying to possibly reconstitute a [nuclear] site,” noting that “We’ll hit that site. Any site where they’ve been thinking about nuclear, we’ll be hitting it very powerfully.”
 - » Asked about the timeline for the United States to restore safe transit through the Strait of Hormuz, President Trump [stated](#) that “We’re not finished at all, but if we left right now, it would take them 20-25 years-to rebuild. But we’re not leaving right now.”
- According to Israel’s Channel 12 outlet, in an Israeli security cabinet meeting on July 20, officials [shared](#) concerns that if they restarted operations against Iran, the United States might tell them within a few days to halt fighting.

Lebanon

- On July 21, the Israel Defense Forces [announced](#) that its troops fired warning shots when soldiers from the Lebanese Armed Forces entered with heavy machinery into the Israeli security zone near the town of Zawtar al-Sharqiyah.
 - » Lebanese soldiers were supposed to deploy to the pilot zone in Zawtar al-Gharbiya, which is near Zawtar al-Sharqiyah, as part of the Israel-Lebanon agreement.

4. Strait of Hormuz and Red Sea Shipping

- On July 21, CENTCOM [posted](#) on X that in the last three months, over 30 commercial ships traveling through the Strait of Hormuz were attacked by Iran.
 - » The statement alleged that “Despite Iranian aggression, the Strait of Hormuz remains open for commercial vessel transit.”

- » CENTCOM noted, “Since early May, CENTCOM forces have helped facilitate the transit of approximately 900 commercial vessels and 450 million barrels of crude oil.”
- According to Windward Intelligence shipping data reviewed by JINSA, five energy tankers carrying Saudi cargo [reversed course](#) away from the Bab el-Mandeb Strait on July 20 after the Iran-backed Houthis threatened earlier that day to attack ships going to or from Saudi Arabia.
- » However, maritime traffic flows in the Red Sea and the Bab el-Mandeb Strait have not significantly changed overall, per Windward data.

5. Iranian and Proxy Operations

Bahrain

- On July 22, Bahrain’s air defenses [shot down](#) several hostile Iranian projectiles targeting the Gulf country.

Iraq

- On July 21, the Pentagon [revealed](#) that Sgt. Michael Emmanuel Swinton, 30, was the soldier who was killed in Iraq while trying to dispose of an unexploded ordnance from an Iranian drone on July 18.
- On July 21, informed security sources [told](#) Reuters that three drones fitted with explosives were intercepted over Erbil in Iraqi Kurdistan, close to the American consulate.
- On July 21, Iran targeted a Kurdistan National Army (SMK) base—the armed wing of the Kurdistan Freedom Party (PAK)—north of Erbil with [three ballistic](#) missiles. At least two missiles were intercepted, and no casualties were reported.

Jordan

- On July 22, Jordan’s military [intercepted](#) four Iranian missiles targeting the Kingdom and that two other Iranian missiles struck unpopulated areas.
 - » The Jordanian military also [intercepted](#) four Iranian drones, with no injuries or damages reported after the attack.
- The U.S. military [announced](#) on July 21 that Sgt. Angel S. Rampersad, 28, was the third soldier killed during an Iranian attack on the Muwaffaq Salti Air Base in Jordan on July 17.

Kuwait

- Overnight on July 22 local time, Kuwait’s army [announced](#) on X that the country’s air defenses were “currently confronting attacks by hostile drones, following the sinful Iranian aggression.”

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

- On July 22, the hardline Iranian newspaper *Kayhan* [warned](#) that Iran would launch “devastating strikes” against U.S. nuclear facilities if the United States targeted Pickaxe Mountain or other Iranian sites as justified by Iran’s “deterrence doctrine and the principle of ‘an eye for an eye.’”
- On July 22, Amir Hatami, the chief of Iran’s army, [warned](#) that “If the United States sets its filthy foot on Iranian soil, it will face millions of people who will confront them with whatever they have in their hands.”
- On July 22, Iranian Foreign Ministry Spokesman Esmaeil Baghaei [dismissed](#) President Trump’s threats to strike Iran’s Pickaxe Mountain, an alleged nuclear facility, on X, writing, “Washington’s obsessive focus on Kolang Kouh where no nuclear activity is taking place is nothing more than a fabricated pretext for aggression, destruction, and sabotage.”

7. International Response

- On July 22, Bulgaria's parliament [voted](#) to permit the U.S. military to station eight KC-135 tanker aircraft and a maximum of 250 military personnel at the country's Bezmer Air Base in support of the war in Iran.
- On July 22, CMA CGM, the French shipping firm, [announced](#) that starting August 1, it will impose a \$65 to \$165 emergency fuel surcharge on containers due to renewed fighting in the Strait of Hormuz.
- On July 21, Reuters [reported](#) that Pakistan had requested a \$10 billion U.S. exchange stabilization facility—a specialized lending backstop designed to strengthen an economy—after helping broker talks over the Iran conflict.
 - » According to a source familiar with the matter, Islamabad sought the facility to strengthen its foreign exchange reserves and stabilize its economy.
- On July 21, *Bloomberg* [reported](#) that the new prime minister of the United Kingdom, Andy Burnham, has approved continuing a policy that permits the United States to use British bases for conducting defensive strikes against the Iranian regime.

8. JINSA Resources

- Jonathan Ruhe and Ari Cicurel, [*Arsenal of Procrastination: The United States Must Expand Munitions Production, Not Merely Replenish*](#), July 21, 2026
- Jonathan Ruhe, [“The Long, Dark Shadow of the Iran Nuclear Deal,”](#) *The Dispatch*, July 17, 2026
- 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

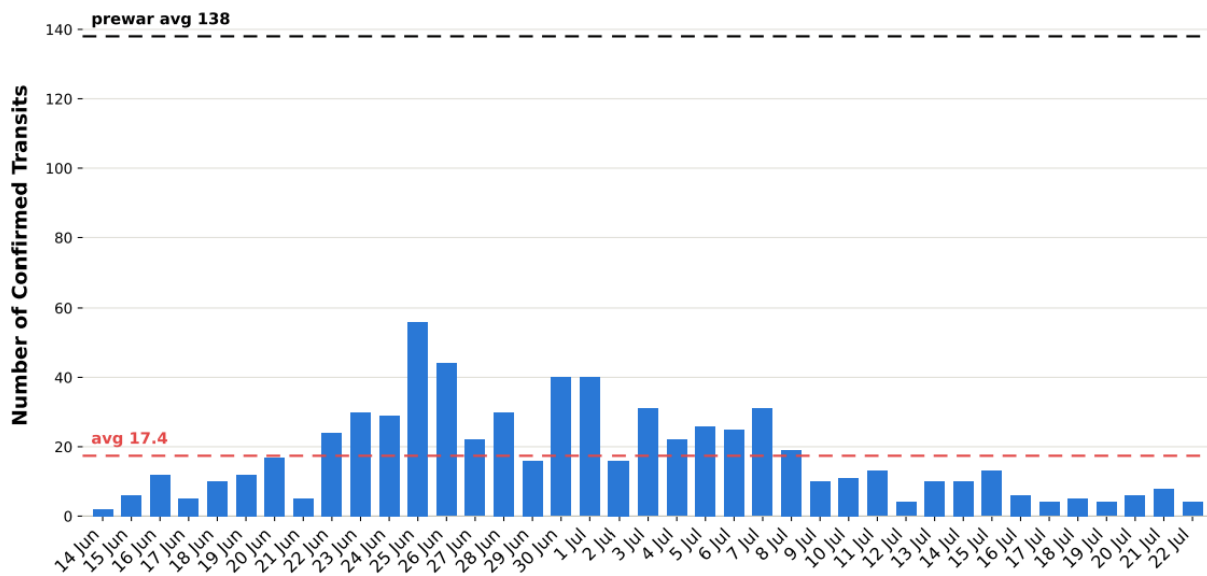
Estimated Casualties of Iranian Operations



Country	Killed	Injured	Notes
United States	18	500+	1 missing; 10 seriously wounded; 100 wounded in July; 358+ returned to duty
Israel	65+	7,795+	Killed include 26 civilians and 39 killed fighting Hezbollah (38 soldiers, 1 contractor)
Iran	3,720+	26,580+	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	127	Several	Includes 28 in Iraqi Kurdistan
Jordan	—	31+	
Kuwait	8	161+	Injured includes 90 soldiers
Lebanon	4,328	12,229	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	
International Waters	10	Several	

Data compiled by JINSA from various sources.

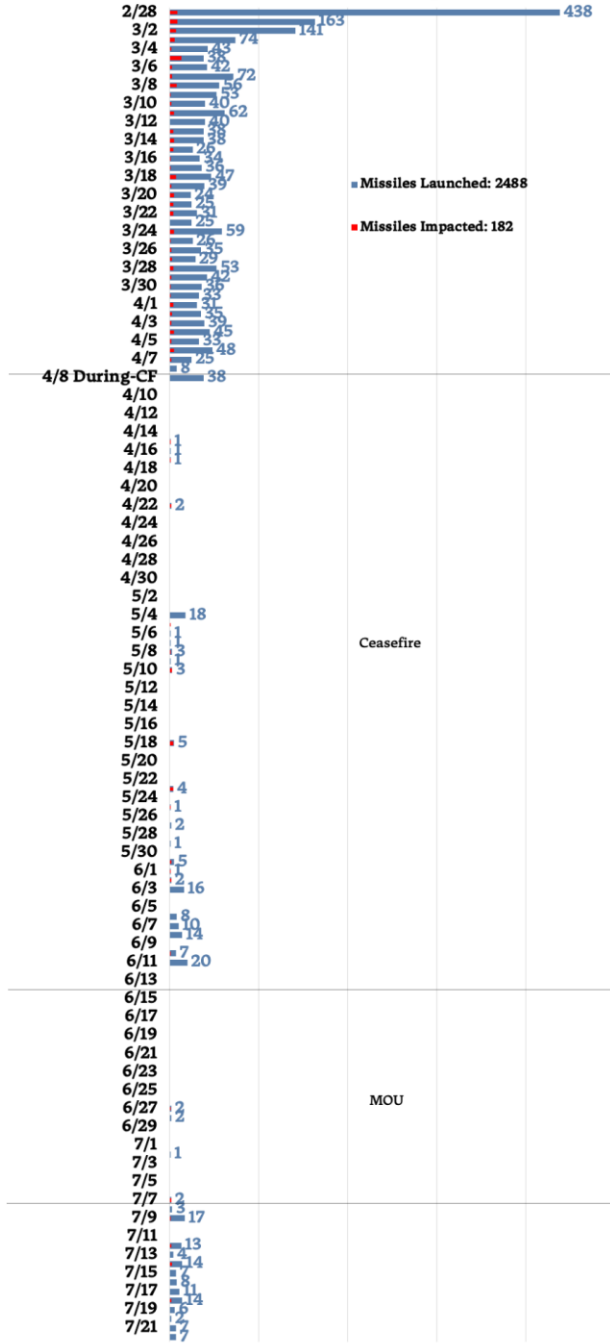
Commercial Ships Transiting Strait of Hormuz Since MOU



Figures derived from Kpler shipping data reviewed by JINSA.

Iranian Projectiles Fired During 2026 War

Iranian Missiles Launched Per Day



Iranian Drones Launched Per Day

