



## Iran War Update: July 29, 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 re-release regular updates about the conflict. The update below includes information since [JINSA's last update](#) as of July 29 at 10:00 am ET.

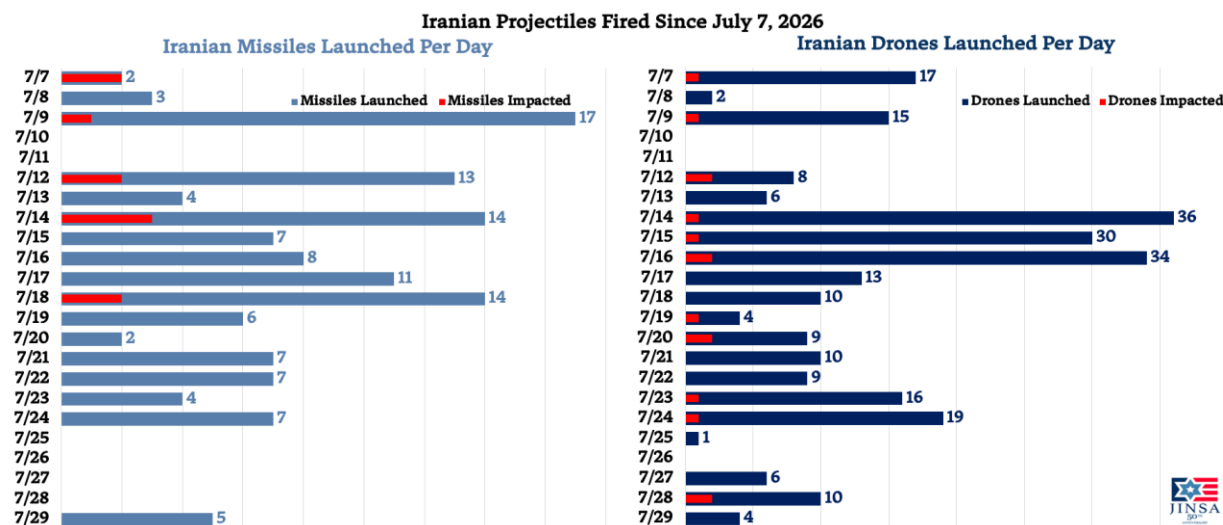
Iranian missiles and drones launched since July 7: **At least 392** (21 between July 27–28)

Brent Crude Oil Price: **[\\$90.01 a barrel](#)** as of **10:00 am ET** ([day range](#): \$86.35–90.24)

### 1. Overview

- On July 29, following Iran's overnight attacks on U.S. assets in the Middle East, President Donald Trump [told](#) Fox News that the United States will “beat the f\*\*\*ing s\*\*t” out of Iran, stating that, “We’ll be hitting them hard. They’re going to get a beating.”
  - » Discussing the potential for future talks with Tehran, he added, “We’re going to let them keep talking.”
- On July 28–29, Iran conducted at least 14 separate attacks against Jordan, Iraq, and shipping vessels, involving at least 21 missiles and drones, including its [first attack](#) against U.S. forces since July 24 by firing 5 ballistic missiles at Jordan on July 28.
  - » Earlier on July 28, the Houthis [claimed](#) to have launched missiles at a Saudi crude oil tanker in the Red Sea.
- On July 29, Reuters [reported](#) that in the coming weeks, Tehran is expected to receive the first batch in a shipment of 300–400 man-portable air defense systems from China.
- On July 28, Iranian Deputy Foreign Minister Kazem Gharibabadi [announced](#) on state television that Iran had rejected [Oman's proposal](#), which had received regional backing, for a joint Iran-Oman mechanism to manage the Strait of Hormuz.
- On July 28, President Trump and Israeli Prime Minister Benjamin Netanyahu [met](#) for [90 minutes](#) in the Oval Office, their first meeting since the war began.
  - » Despite reporting that Prime Minister Netanyahu would discuss Israeli intelligence about Iran's clandestine Pickaxe Mountain nuclear facility, Israeli National Security Advisor Tzipi Hotovely [claimed](#) the issue was not raised at the meeting.

- » Prime Minister Netanyahu also had a one-on-one [meeting](#) with Vice President JD Vance on the evening of July 28 and will meet with Secretary of Defense Pete Hegseth on July 29.
- On July 28, at the funeral of the late Senator Lindsey Graham (R-SC), Prime Minister Netanyahu and Ukrainian President Volodymyr Zelensky [spoke](#) and shook hands, marking the first conversation between the two leaders since January 2025 and the first time they met in person since September 2023.



## 2. Diplomatic Engagement

### Iran

- According to Israel's Channel 12, in recent weeks, senior Israeli and Emirati officials [met](#) several times in an unnamed third country to coordinate positions on Iran, including potential diplomatic initiatives that could be introduced in international forums, though this reportedly would be pursued only in coordination with the United States.
  - » The United Arab Emirates (U.A.E.) officials reportedly voiced, during the meetings with Israeli counterparts, their opposition to the U.S.-Iran Memorandum of Understanding (MOU), which would benefit Iran financially and militarily without requiring significant concessions on Iran's part.
- On July 28, Iranian Deputy Foreign Minister Kazem Gharibabadi [stated](#) that Iran had shared a proposal with Oman for a temporary mechanism to reopen the Strait of Hormuz in which Iran would have control over both routes—the shipping lane closer to Oman and the shipping lane closer to Iran—for commercial traffic through the Strait.
  - » Under the proposal, one lane would be located completely in Iranian waters, and a portion of the opposite lane would also pass through Iran's waters.

### Lebanon

- On July 29, Israel's Channel 12 [reported](#) that Israeli officials had told mediators that Israel will not agree to further withdrawals from southern Lebanon during negotiations in Rome that are set to begin on August 4.

## 3. U.S., Israeli, and Arab Partner Operations

### Iran

- On July 29, Iranian state media [reported](#) that U.S. forces carried out an airstrike on a site near Piranshahr on the Iran-Iraq border.

- On July 28, the Iranian government [stated](#) that recent American strikes destroyed Iran's Bushehr International Airport, a marine control tower, and fishing boats, and damaged two tunnels and 12 bridges.
  - » The U.S. military claimed that the small boats they targeted were deployed by Iran to disrupt shipping in the Strait of Hormuz.

#### *Iraq*

- On the evening of July 28, CENTCOM [confirmed](#) in an X post that "U.S. and Saudi fighter aircraft struck multiple terrorist logistics and weapons sites across eastern Iraq in a strong response to over 30 IRGC [Islamic Revolutionary Guard Corps]-directed aerial drone attacks in the last 72 hours."
  - » The post also stated that, "From February through April 2026, there were more than 600 attempted attacks on U.S. citizens and facilities by Iran-aligned terrorist militias in Iraq."
  - » The Iran-backed, Iraqi-based Popular Mobilization Forces (PMF) [announced](#) the next morning that at least 20 PMF fighters were killed and 32 others were injured in the strikes.

#### *Lebanon*

- On July 29, the Israel Defense Forces (IDF) [announced](#) that its troops demolished a Hezbollah tunnel hosting a command center near a United Nations peacekeeping post in the southern Lebanese town of Haddatha.
  - » Israeli troops also [located](#) several weapons, including explosives, grenades, RPGs, Kalashnikov rifles, and ammunition.
- On July 29, the IDF confirmed that its troops [shot and killed](#) a suspicious individual on Monday who approached them near Ras al-Bayada in southern Lebanon.
  - » The individual reportedly failed to retreat despite the IDF firing several warning shots.

### 4. Strait of Hormuz and Red Sea Shipping

- On July 29, Reuters [reported](#) that the Iran-backed Houthis were considering imposing transit fees on commercial vessels passing through the Bab el-Mandeb Strait, mirroring Iran's tolling strategy in the Strait of Hormuz. According to the report, Iranian officials discussed the proposal with Houthi representatives during their July visit to Tehran for Ayatollah Ali Khamenei's funeral.
  - » Regional sources told Reuters the proposed tolls are intended to normalize transit fees on international waterways and increase pressure on the United States, while exempting Chinese vessels from the charges.

### 5. Iranian and Proxy Operations

#### *Iraq*

- On the evening of July 28, Amjad Panahi, a commander in the Kurdish Komala Party, [stated](#) that "Iranian forces have launched 14 drone attacks since Monday... against bases belonging to our party as well as the PDKI [Democratic Party of Iranian Kurdistan] and the PAK [Kurdistan Freedom Party]."

#### *Israel*

- On July 29, Israeli authorities [revealed](#) that they had arrested and charged a veteran of a classified IDF unit for intentionally collaborating with an Iranian intelligence agent.
- Overnight on July 28–29, an explosive Hezbollah drone [attacked](#) an unmanned Israeli engineering vehicle in the IDF security zone in southern Lebanon near Ali Taher Ridge.

## *Jordan*

- Overnight on July 28–29, in an attempted surprise attack, Iran [fired five](#) ballistic missiles at U.S. forces stationed in Jordan, marking the [first Iranian attack](#) against American troops since July 24.
  - » All five missiles were successfully [intercepted](#) by air defenses.

## *Maritime*

- On July 29, the IRGC Navy [claimed](#) it struck and halted three commercial tankers in the Strait of Hormuz after the vessels allegedly ignored Iranian warnings and continued sailing along what Tehran described as an unlawful route.
- On the evening of July 28, the Houthis [stated](#) that their fighters targeted a Saudi crude oil tanker with ballistic missiles and forced the ship to turn around after assessing that it violated their maritime blockade on Saudi Arabia.

## *Saudi Arabia*

- On July 28, Saudi Arabia [said](#) its air defenses intercepted several drones targeting petroleum facilities in the Eastern Province and Riyadh. The kingdom attributed the attack to Iran-aligned militias operating from Iraqi territory.

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

- On July 29, the IRGC Navy [warned](#) that “unlawful interventions and orders by the U.S. military to vessels in the region will not remain unanswered” in a statement claiming it had struck commercial vessels in the Strait of Hormuz.

## 7. International Response

- On July 28, Reuters [reported](#) that China had held direct talks with the Houthis to secure safe passage for Chinese tankers through the Bab el-Mandeb Strait after the group announced restrictions on shipping through the maritime chokepoint traveling to or from Saudi ports.
- On July 28, Ukrainian Foreign Minister Andrii Sybiha [spoke](#) with Iranian Foreign Minister Abbas Araghchi, urging Tehran to avoid escalation and end its support for Russia's war against Ukraine, while Araghchi warned that “any attack on our citizens or interests is unacceptable” and demanded restitution for the strike on an Iranian vessel.

## 8. JINSA Resources

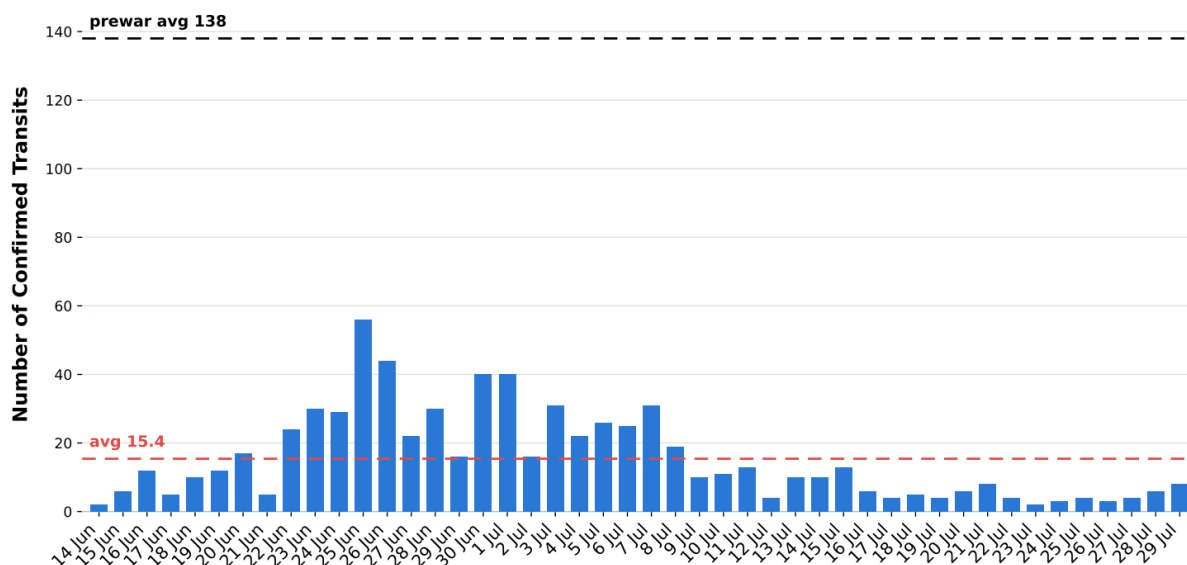
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- Giran Ozcan, [The Iran War Through the Kurdish Lens](#), July 24, 2026
- Jonathan Ruhe and Ari Cicurel, [Arsenal of Procrastination: The United States Must Expand Munitions Production, Not Merely Replenish](#), July 21, 2026
- Jonathan Ruhe, “[The 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

| Estimated Casualties of Iranian Operations |        |         | JINSA                                                                                           |
|--------------------------------------------|--------|---------|-------------------------------------------------------------------------------------------------|
| 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 troops 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                                    | 4,333  | 12,236  | 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 |                                                                                                 |

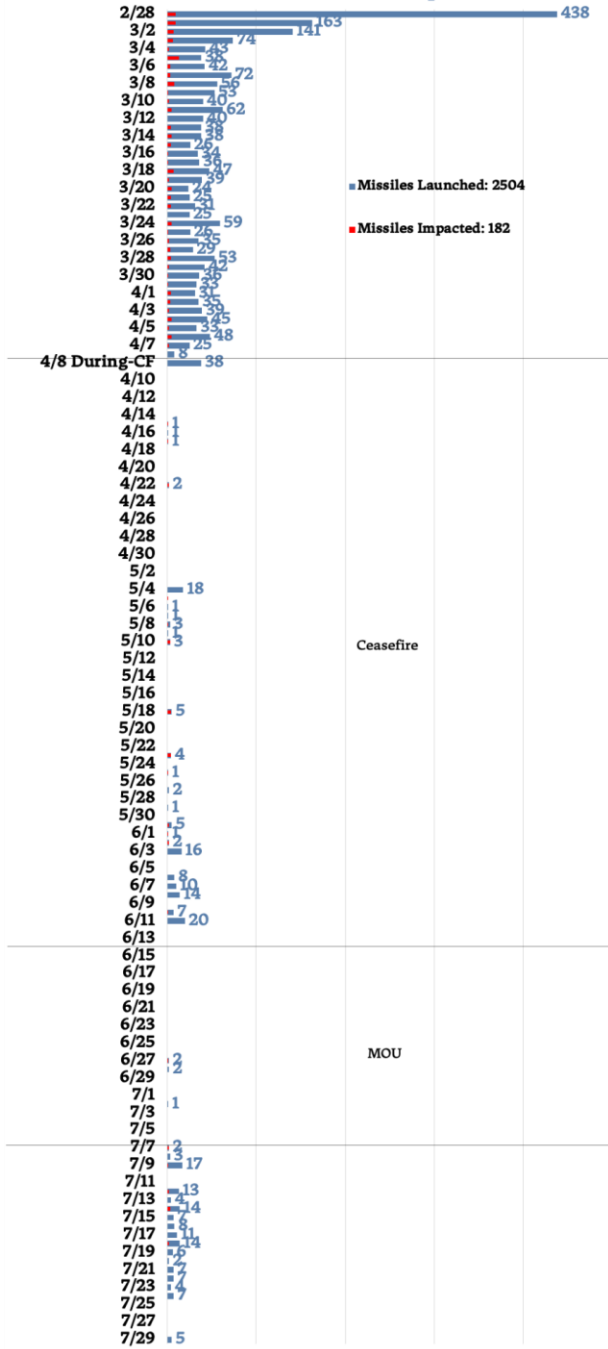
Data compiled by JINSA from various sources.

### Commercial Ships Transiting Strait of Hormuz Since MOU



# Iranian Projectiles Fired During 2026 War

## Iranian Missiles Launched Per Day



## Iranian Drones Launched Per Day

