



Iran War Update: July 30, 2026

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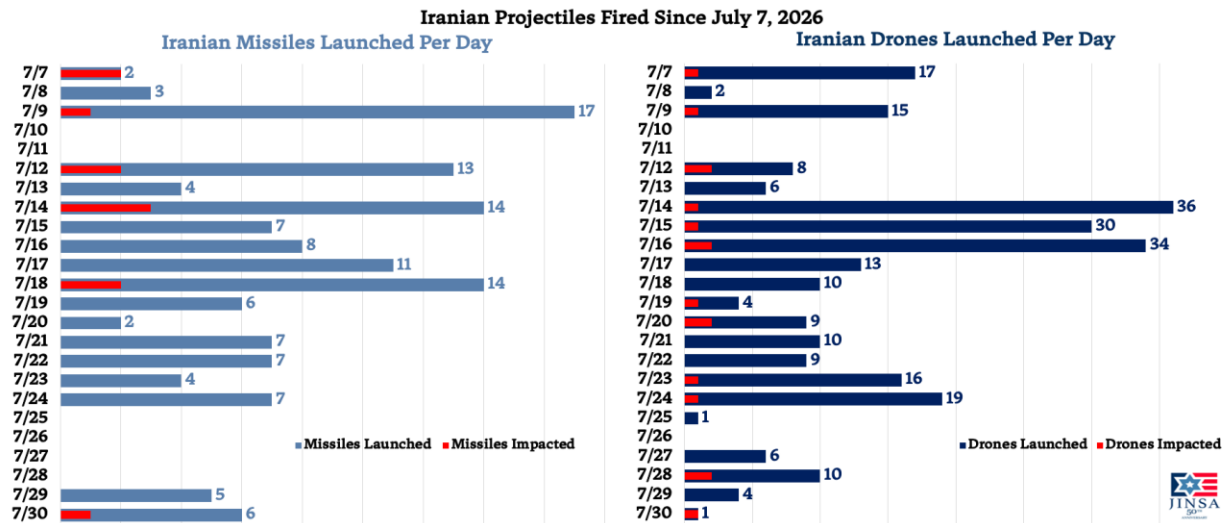
President Donald Trump and Iranian President Masoud Pezeshkian signed a Memorandum of Understanding (MOU) on June 17, outlining terms to end the war and reopen the Strait of Hormuz over a 60-day period of further negotiations. However, on July 8, President Trump [declared](#) the MOU to be “over,” and 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 30 at 10:00 am ET.

Iranian missiles and drones launched since July 7: **At least 397** (16 between July 29–30)

Brent Crude Oil Price: **[\\$89.53 a barrel](#) as of 10:00 am ET** ([day range](#): \$88.85–93.31)

1. Overview

- On July 29–30, Iran [continued](#) to conduct missile and drone attacks against Jordan, Kuwait, and Saudi Arabia, and a [drone](#) hit a floating storage and regasification tanker in Egypt, although it remains unclear if that attack was from Iran or one of its proxies.
- Overnight on July 29, U.S. Central Command (CENTCOM) [launched](#) a large wave of strikes against Iran's Islamic Revolutionary Guard Corps (IRGC) after Iranian attacks against U.S. troops in Jordan, writing on X that its forces targeted “military command centers, missile and drone facilities, coastal surveillance and defense sites, and maritime capabilities.”
- Earlier on July 29, President Donald Trump [told](#) reporters that “we’re going to be hitting them [Iran] very hard. Because it’s our turn to hit them. They know it’s coming. They’re asking us not to do it.”
- On July 29, *The Wall Street Journal* [reported](#) that CENTCOM Commander Admiral Brad Cooper has prepared an option for President Trump to carry out heavy airstrikes on Iran's remaining missile facilities for 10–14 days, despite concerns over the United States' declining air-defensive munitions supply.
- On July 29, the United States [issued](#) Iran-related sanctions on 10 entities, including six based in China. Among the entities sanctioned were eight energy tankers.
- According to Israeli officials who spoke with *The Times of Israel*, Israeli Prime Minister Benjamin Netanyahu did not push a particular strategy during the Oval Office meeting with President Trump on July 29 and instead [outlined](#) three scenarios, including a diplomatic agreement with Iran, a situation without a deal while the United States continues to apply pressure without returning to war, and a return to major combat operations.



2. Diplomatic Engagement

Iran

- On July 30, Pakistani Foreign Ministry Spokesman Tahir Andrabi [spoke](#) about U.S.-Iran talks, saying that, “Negotiations between parties are ongoing, particularly on [the] Strait of Hormuz and to de-escalate.”
 - » He insisted that “We are doing our utmost to bring all parties back to the Islamabad MOU,” calling on both the United States and Iran to “fully adhere to their commitments to hold technical talks.”
- On July 29, Prime Minister Netanyahu [stated](#) during an interview with ABC News that “anything that will produce the end of Iran’s nuclear program is what we want.”
 - » On a potential deal with Iran, Prime Minister Netanyahu stated that the United States should “give it a try” if enough pressure is applied to the Iranian government.
 - » Insisting that he and President Trump spoke about the issue and that they share a common goal in Iran, Prime Minister Netanyahu responded to a question about regime change in Iran with the following: “My goal is to make sure that Iran, with this regime, doesn’t have nuclear weapons.”

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

Iran

- Overnight on July 29, CENTCOM [carried out](#) strikes on Iranian targets after the IRGC fired at U.S. forces based in Jordan in a surprise attack on July 28.
 - » According to CENTCOM’s X account, U.S. forces struck several sites in Iran, including “military command centers, missile and drone facilities, coastal surveillance and defense sites, and maritime capabilities,” adding that the “The strikes aimed to further diminish threats posed by Iran and its proxies to American forces, commercial shipping, and neighboring Gulf countries.”
 - » The IRGC [confirmed](#) that three of its members stationed in Zanzan province were killed in the strikes.
 - » Iranians reported several explosions and strikes occurring across the country, including in [Abadan](#), [Ahvaz](#), [Arvandkenar](#), [Bandar Abbas](#), [Bushehr](#), [Qeshm Island](#), [Shadgan](#), and [Sirik](#).

4. Strait of Hormuz and Red Sea Shipping

- On July 30, the IRGC [announced](#) that, “Last night, two oil tankers, encouraged by American aircraft, attempted to leave through the unsafe southern route of the Strait of Hormuz,” adding that both vessels turned around after one caught on fire.

5. Iranian and Proxy Operations

Egypt

- On July 29, a drone [struck](#) a U.S.-owned floating storage and regasification tanker, the *Energos Winter*, at the Damietta Port in Egypt, causing a fire that then spread to a second vessel—the *Gaslog Salem*.
 - » While no one has claimed responsibility, the strike marks the first attack on Egypt since the war began, igniting concern over the war’s possible expansion to threaten shipping through the Suez Canal.
 - » The strike also raises concerns about the security and viability of the Suez Canal as an alternative shipping route to the Bab el-Mandeb Strait and the Strait of Hormuz, both of which have come under repeated Iranian or proxy attack.
 - » On July 30, the Damietta Port Authority [announced](#) that the port remains operational despite the fires.

Israel

- On July 30, an Israeli ambulance driver, who [abused](#) his access to medical facilities, was charged with spying for Iran.
 - » The driver was arrested last month after he collected information on Israeli President Isaac Herzog and Finance Minister Bezalel Smotrich while they were visiting a hospital in Nahariya, as well as the hospital’s emergency preparedness protocols, for an Iranian agent.

Jordan

- On July 30, Jordanian forces [intercepted](#) five Iranian missiles targeting the kingdom following U.S. strikes on IRGC targets overnight.

Kuwait

- On July 30, Iran [fired](#) at a building in Kuwait hosting a Chinese-owned company, killing one worker and resulting in severe material damage to the facility.

6. International Response

- On July 29, Reuters [reported](#) that Saudi Arabia is seeking to form an international coalition to protect Red Sea shipping, although the members have not been finalized.

7. JINSA Resources

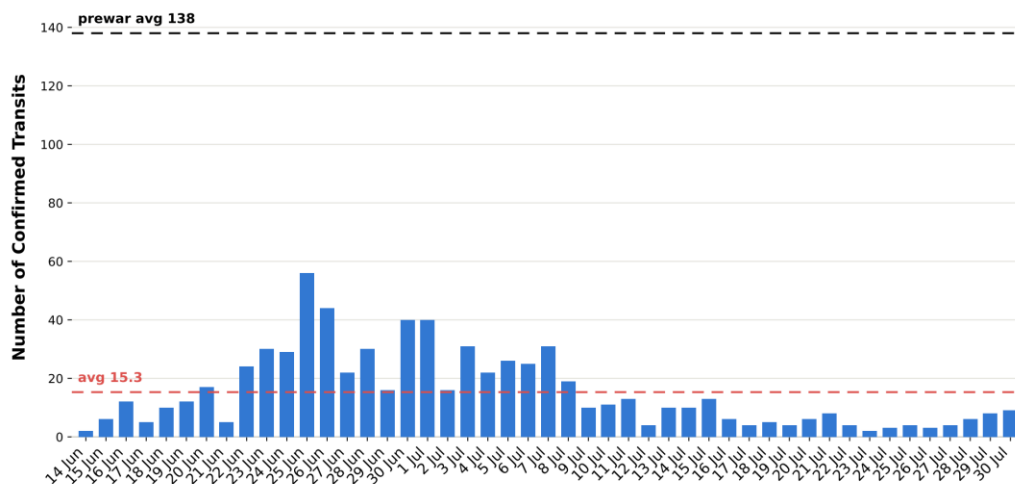
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- Ari Cicurel and Sarah Havdala, [Preventing Iran’s Weaponization of the Bab el-Mandeb Strait](#), July 29, 2026
- Jonathan Ruhe, [“Taking Out Iran’s Pickaxe Nuclear Site is Key — Here’s How Trump Can Do It,”](#) The New York Post, Friday, July 24
- 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

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 killed; 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	

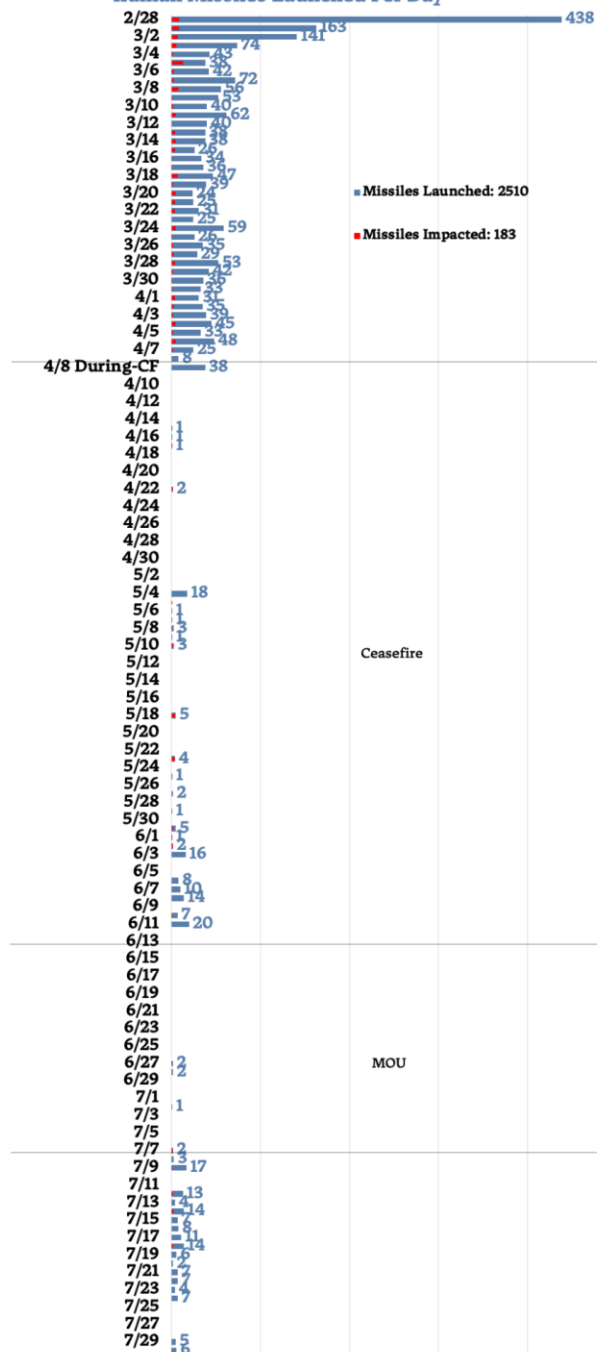
Data compiled by JINSA from various sources.

Commercial Ships Transiting Strait of Hormuz Since MOU



Iranian Projectiles Fired During 2026 War

Iranian Missiles Launched Per Day



Iranian Drones Launched Per Day

