



Iran War Update: July 7–8, 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 8 at 10:30 am ET.

Iranian missiles and drones launched since June 14 U.S.-Iran MOU announcement: **At least 55** (20 on July 6–8)

Ships transiting Strait of Hormuz since June 14 MOU announcement: **At least 570** (at least 70 between July 6–July 8)

Daily average of ships transiting Strait of Hormuz since June 14 MOU announcement: **22.6**

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

1. Overview

- On July 8, following Iranian attacks on Kuwait and Bahrain, President Trump [announced](#) that he believes the MOU and ceasefire are “over,” later [stating](#), “I’ll give a little warning: We’re going to hit them [Iran] hard tonight.”
 - » He noted that Tehran has been “killing soldiers, killing people for 47 years,” adding that the United States has “a score to settle,” and, “we may just do it without a deal.”
 - » President Trump also [claimed](#) that he does not “want to deal with them [Iranian leaders]. They’re scum.”
 - » Minutes after saying that the MOU and ceasefire are “over,” President Trump [noted](#), “I’ll let our wonderful negotiators keep talking if they want,” though he reiterated that “I don’t see it. I don’t like these people.”
 - » President Trump also [remarked](#), “these are evil, sick people. And we have to root out that cancer.... You know what you do? You’ve got to cut out cancer early.”
 - » President Trump also [warned](#) that “we may take over Kharg Island” and that the United States may reimpose the naval blockade on Iranian ports.
- On July 8, Iran [launched](#) at least 20 ballistic missiles and drones against Kuwait and Bahrain in response to U.S. strikes against Iranian territory on July 7, marking the largest Iranian escalation since June 11.
- After Iran launched ballistic missiles and drones that [hit three ships](#) on July 7, the United States [reimposed sanctions](#) on Iran the same day by revoking waivers for it to sell oil and conducted airstrikes against 80 targets in Iran.

- » Targets included Iranian air defense systems, command and control networks, coastal radar sites, anti-ship missile capabilities, and more than 60 Islamic Revolutionary Guard Corps small boats, according to a statement from U.S. Central Command (CENTCOM).
- » A U.S. official [told](#) CNN that the strikes were “punishment, not proportional” and would likely continue.
- Following Iranian attacks on commercial shipping, at least four crude oil or gas tankers changed course and [turned away](#) from the Strait of Hormuz on July 8, according to Reuters reporting that day.
- On July 6, Israeli Ambassador to the United States Yechiel Leiter announced that the next round of Israel-Lebanon negotiations is [set](#) to take place in Rome on July 14-15.

2. Diplomatic Engagement

Iran

- After the Treasury Department [revoked](#) temporary sanctions waivers on Iranian oil, Iran’s Foreign Ministry [stated](#) on Telegram on July 8 that “Iran is issuing a serious warning about the consequences of America’s breach of the treaty, and will take decisive measures to protect its interests and national security.”
- In an interview with CNN on July 7, Israeli Prime Minister Benjamin Netanyahu [remarked](#) that, “It’s too early to say what will happen,” with regard to the MOU. He noted, “The president believes that he can stop Iran’s nuclear program, and he believes he can do it through negotiations. I have my doubts, but I think he should be given the chance, and he’s trying to achieve that.”
 - » After President Trump [told](#) *Axios* over the weekend that Prime Minister Netanyahu “knows who the boss is,” the Israeli prime minister stated, “On the big things we see eye-to-eye, and occasionally we don’t.”
 - » Prime Minister Netanyahu reiterated previous statements that “Deal or no deal, I certainly will not allow Iran to have nuclear weapons,” adding, “that is the president’s position.”
- In an interview on July 6, Israeli Ambassador to the United States Yechiel Leiter [remarked](#) that the MOU “is not a closure of the operation against Iran and its nuclear pursuits.”
 - » Discussing negotiations with Iran aimed at a final agreement, Amb. Leiter called for a wait-and-see approach, noting that “Whether that’s in 60 days or 90 days or after the midterms... I’m quite sure that the administration didn’t go to war to go back into a situation where Iran has a pathway to once again try and produce nuclear weapons” by building a ballistic missile shield for its nuclear program.
 - » Although ballistic missiles were not addressed in the MOU, Amb. Leiter remarked, “I can’t imagine that any ultimate agreement with Iran would be absent a clause limiting the development of ballistic missiles.”
 - » He also noted Israel’s limited sway over decision-making in Washington, stating that “All we can do is weigh in... We can’t be part of that decision-making process. That’s too big for us. We know our size.”

Lebanon

- Lebanese President Joseph Aoun has been [invited](#) by the White House to visit Washington on July 21, according to a White House official who spoke with Reuters.
- Amb. Leiter [stated](#) on July 6 that, “Both Israel and Lebanon clearly see our trilateral agreement superseding the first clause of the MOU,” which calls for the end of military operations in Lebanon. He added that, “Whether or not the United States does, you’ll have to ask an administration spokesman.”

- » When asked about Israel’s proposal for the United States to vet existing LAF units to root out members sympathizing with Hezbollah, Amb. Leiter [admitted](#) that the plan is still being finalized.
- » Amb. Leiter also noted that Israel is ready to share intelligence with Beirut on anyone planning to harm Lebanon’s leaders, and is prepared to ask Washington for increased funds for the LAF should it prove its willingness to take on Hezbollah.
- » When asked about the Lebanon deconfliction mechanism involving CENTCOM and the Islamic Revolutionary Guard Corps (IRGC), Amb. Leiter shared that he was unsure if the mechanism is operating. However, he noted that a mechanism involving CENTCOM, the IDF’s Northern Command, and the LAF’s Southern Command is “working very closely... and directly and not with anybody else involved from the region.”

3. U.S. and Israeli Operations

- On July 8, *The Times of Israel* [reported](#), citing confirmation from an Israeli official, that U.S. Secretary of Defense Pete Hegseth is no longer traveling to Israel today to meet with Prime Minister Netanyahu.
 - » While the cancellation comes as the U.S. and Iranian militaries exchange strikes, a second Israeli official claimed that the reason for the cancellation is unknown.
- On July 7, while visiting a naval base in Haifa amid renewed Houthi threats and Iranian attacks in the Strait of Hormuz, Prime Minister Netanyahu [stated](#) that “the objective of the Navy, and of Israel, is to ensure shipping routes and freedom of maritime trade, which are so important to the State of Israel.”

Iran

- On the evening of July 7, CENTCOM [launched](#) a massive wave of strikes targeting more than 80 sites in Iran after Iranian forces attacked civilian crews traveling through the Strait of Hormuz.
 - » According to [CENTCOM](#), “U.S. forces struck Iranian air defense systems, command and control networks, coastal radar sites, anti-ship missile capabilities, and more than 60 Islamic Revolutionary Guard Corps small boats in and near the strait to degrade Iran’s ability to continue attacking international commerce flowing through the international trade corridor.”
 - » According to Iranian state media, one member of the IRGC’s naval forces was [killed](#) during the attack in Mashahr.
 - After the attacks, President Trump [stated](#) on July 8 that “Anything they thought they had rebuilt or capability they were using was a target last night,” and added “We hit their electricity. We hit the things they need to operate.”
 - President Trump also [remarked](#) on July 8 that the United States gave assurances to Iran that it would not escalate during the funeral of former Supreme Leader Ayatollah Ali Khamenei, but noted that “instead... they start shooting rockets at ships yesterday. And so we hit them very hard last night, very hard.”
- On July 7, the United States [reinstated](#) sanctions on Iranian oil after Iran fired on three tankers transiting the Strait of Hormuz.
 - » In response to the attacks, an unnamed U.S. official stated, “As President Trump and the administration have repeatedly affirmed, the memorandum in effect with Iran is entirely performance-based. Iran will only reap benefits if they exhibit good behavior.”
 - » The official added that “Iran’s actions in the strait were wholly unacceptable to the United States and will be met with consequences. Our negotiators continue to work in good faith towards a final deal.”

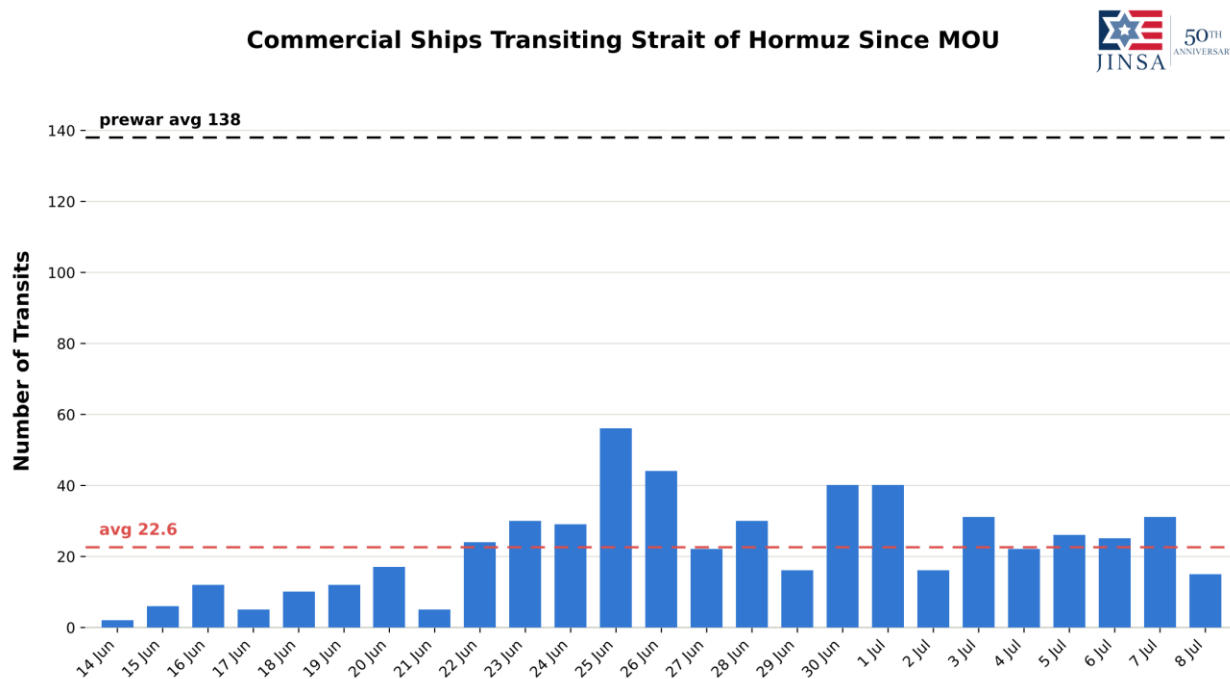
- On July 7, CNN [reported](#) that the U.S. military disregarded messages warning senior leaders of outdated intelligence on Iranian targets, leading them to approve a strike on the first day of the war that killed 168 children at a school in Minab.
 - » CNN noted that intelligence analysts had not updated all of the relevant targeting information prior to the launch of Operation Epic Fury. Consequently, information for many of the sites included on the U.S. strike list was more than a decade old.

Lebanon

- On July 7, Israeli troops operating in the southern Lebanese town of Tallousa [located and seized](#) several Hezbollah weapons in a civilian home, including RPG rockets, anti-tank missiles and launchers, military vests and helmets, and flags belonging to the Iran-backed organization.
- On July 7, an Israeli soldier [shot and killed](#) a Hezbollah gunman in Bint Jbeil after he killed her dog serving with the IDF in the military's Oketz canine unit.

4. Strait of Hormuz Shipping

- Late on July 7 and so far on July 8, at least four oil and gas tankers attempting to pass through the Strait of Hormuz have [reversed course](#), according to Reuters reporting based on tracking data from Kpler and LSEG.
 - » Reuters also reported that at least three Very Large Crude Carriers (VLCC) managed to leave the Strait of Hormuz on July 7-8.



Figures derived from Kpler shipping data reviewed by JINSA.

5. Iranian and Proxy Operations

- On July 8, Kuwait [intercepted](#) 2 ballistic missiles and 13 unmanned aircraft systems (UAVs) without any reported damage or casualties.
- On July 7–8, Bahrain activated nationwide air raid sirens on [three separate occasions](#) and instructed citizens and residents to seek shelter as a result of Iranian [drone strikes](#).

- » According to the Bahrain Defence Force, the military “[confronted](#), intercepted and destroyed a number of treacherous Iranian air attacks.”
- On July 7, three commercial tankers transiting the Strait of Hormuz were [struck](#) by projectiles in separate attacks off the coasts of Oman and the United Arab Emirates (U.A.E), according to the United Kingdom Maritime Trade Operations (UKMTO) Center.
 - » CENTCOM [identified](#) the vessels as the Marshall Islands-flagged M/T Al Rekayyat, Saudi Arabia-flagged M/T Wedyan, and Liberian-flagged M/T Cyprus Prosperity.

6. Internal Iranian Dynamics

- On July 7, former Iranian Supreme Leader Ayatollah Ali Khamenei’s coffin was [transferred](#) to the Shia holy city of Najaf, Iraq, in preparation for his funeral procession.
 - » Iraqi Prime Minister Ali al-Zaidi and other top officials in Iraq’s government received the coffin at Najaf International Airport and are expected to participate in the large public gatherings for the funeral.

7. Threats, Condemnations, and Statements from Iranian Officials

- In response to U.S. strikes on Iranian targets, Iran’s military [released](#) a statement on July 8, warning that “Any support provided to the aggressive American army to violate the sovereignty and territory of Islamic Iran will be a legitimate target of the armed forces.”
- On July 8, Iran’s Khatam al-Anbiya Central Headquarters [released](#) a statement referring to the U.S. strikes as a “blatant act of aggression,” and threatened to carry out a “crushing response” in retaliation for the attack.
 - » The statement also emphasized that Iran will not permit any American interference in the Strait of Hormuz.

8. International Response

- On July 8, North Atlantic Treaty Organization (NATO) Secretary General Mark Rutte [described](#) the recent American strikes on Iran as “absolutely necessary,” telling reporters in Turkey that “When you have a ceasefire and Iran is basically violating the ceasefire, I think it is totally crucial that the U.S. forcefully react.”
- On July 7, President Trump slightly [criticized](#) Italian Prime Minister Giorgia Meloni for her failure to support him during Operation Epic Fury, telling reporters at the NATO summit in Turkey that “She refused to get involved, so it soured my relationship with her a little bit. But I like her. I think she’s a nice person, actually. But I think she made a mistake.”
- On July 7, foreign ministers from NATO countries [met](#) with their Gulf counterparts from Qatar, Bahrain, Kuwait, and the United Arab Emirates (U.A.E.) in Turkey to discuss activity in the Strait of Hormuz.
 - » One of the items included in their agenda was the Multinational Maritime Mission, a proposal led by the British and French governments to ensure safe commercial transit in the waterway.
- According to July 7 [reporting](#) from Israel’s *Ynet News*, citing Iraqi officials, the government of Iraq has given Iranian proxies in Iraq a September 30 deadline by which they must surrender all weapons to the government. Reportedly, several of those proxies have agreed to do so, while others have refused.

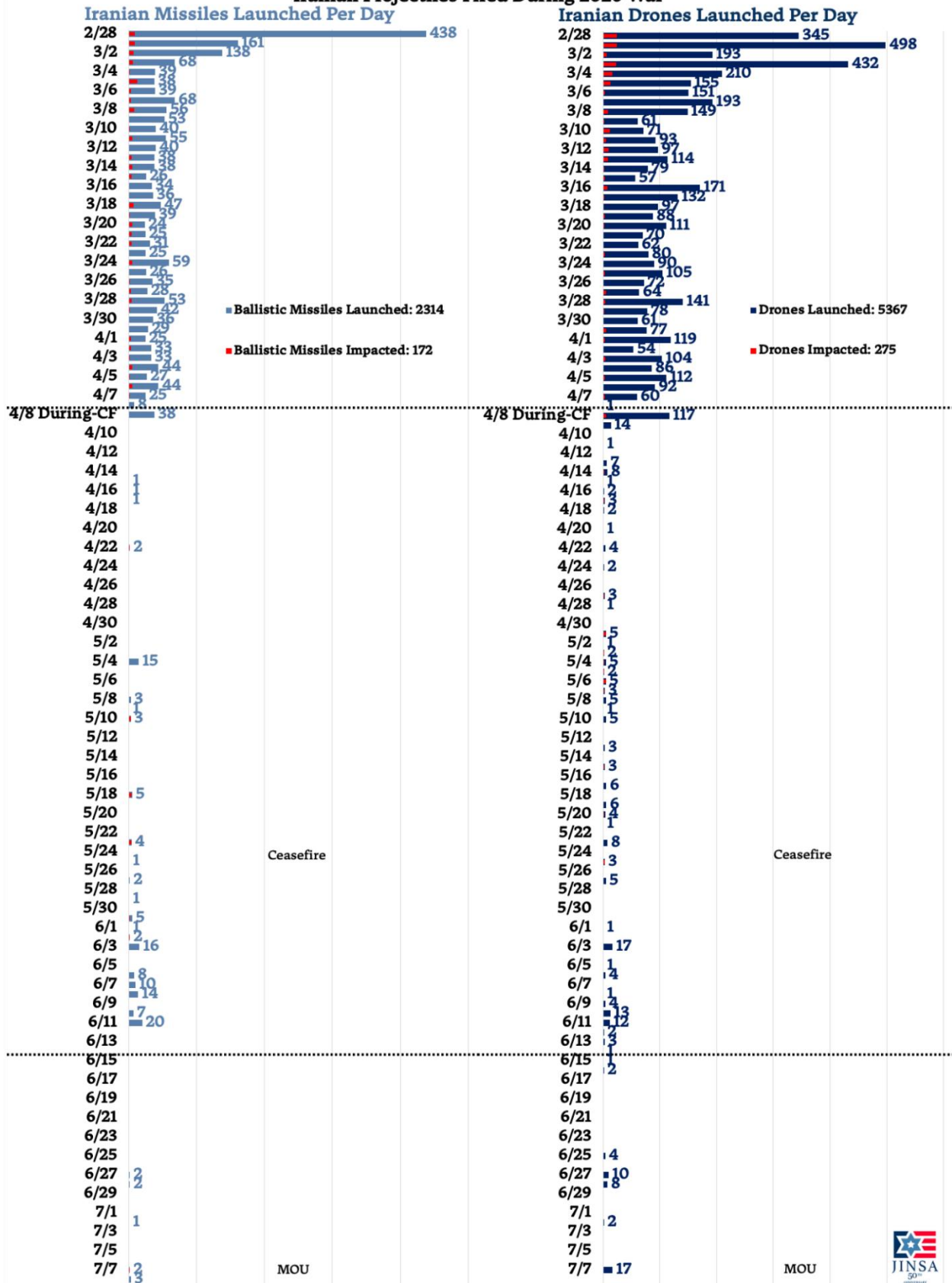
Estimated Casualties of Iranian Operations



<i>Country</i>	<i>Killed</i>	<i>Injured</i>	<i>Notes</i>
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	3,636+	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	160+	Injured includes 90 soldiers
Lebanon	4,319	12,203	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



9. JINSA Resources

- 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