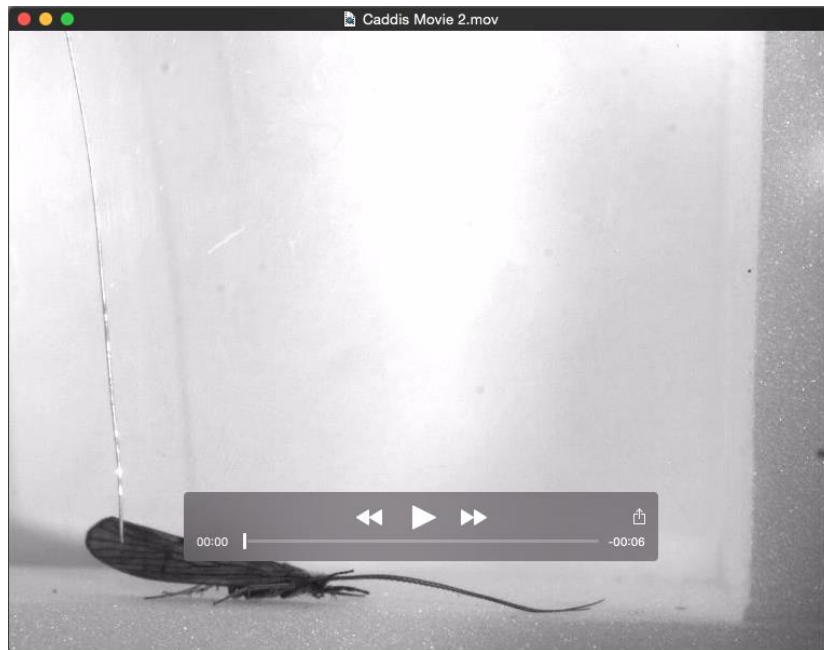




Movie 1. Side view of *Limnephilus marmoratus* captured at 1000 frames s^{-1} and replayed at 10 frames s^{-1} , as it jumped from the floor of the experimental chamber. This is a jump in which the wings were not opened before take-off. See also Text Figure 3.



Movie 2. Side view of *Molanna angustata* captured at 1000 frames s^{-1} and replayed at 10 frames s^{-1} , as it jumped from the floor of the experimental chamber. This is a jump in which the wings were not opened before take-off. See also Text Figure 4.



Movie 3. Side view of *Limnephilus marmoratus* captured at 1000 frames s^{-1} and replayed at 10 frames s^{-1} , as it jumped from the floor of the experimental chamber. This is a jump in which both the wings and legs contributed to take-off. See also Text Figure 8.