

SUPPLEMENTARY MATERIAL



Movie 1

Jump by *Pteromalus puparum* recorded at 5000 frames s^{-1} and replayed at 10 frames s^{-1} . See also Text Fig. 2.



Movie 2

Jump by *Pteromalus puparum* recorded at 5000 frames s⁻¹ and replayed at 10 frames s⁻¹. See also Text Fig. 3.



Movie 3

Jump by *Cotesia glomerata* recorded at 1000 frames s^{-1} and replayed at 10 frames s^{-1} . See also Text Fig.4.



Movie 4

Jump by *Leptopilina boulardi* recorded at 5000 frames s^{-1} and replayed at 10 frames s^{-1} . See also Text Fig. 6.



Movie 5

Jump by *Amblyteles armatorius* recorded at 1000 frames s^{-1} and replayed at 10 frames s^{-1} . See also Text Fig. 7.