



Movie 1. Side view of *Hofmannophila pseudospretella* 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 belonging to strategy one. See also Fig. 2.



Movie 2. Side view of *Crassa unitella* 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 belonging to strategy two. See also Fig. 4.



Movie 3. Side view of *Apamea lithoxylaea* 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 belonging to strategy three. See also Fig. 10.