HowToFLV

install wiki-plugins/wikiplugin_flowplayer from mods.tiki.org

create high quality flv using mencoder, add metadata using flvtool2, and generate preview image using ffmpeg:

[+]

upload your flv to some dir accessible and served by webserver, remember URLtoFLV

use flowplayer wikiplugin in wiki-type tikiwiki object to put video online:

{FLOWPLAYER(videofile=URLtoFLV)} {FLOWPLAYER} FlowPlayer is published with Apache License version 2.0 the flowplayer wiki-plugin is GNU/LGPL as most of Tikiwiki code