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