

EXCLUSIVE: Bachelor Contestants Ann and Jesse Csincsak Defend Their Family By Appearing on Discovery Channel's 'American Guns'



By [Whitney Baker](#)

According to recent polls, twenty-three percent of females now own a gun – up from thirteen percent in 2005. However, plenty of women are still fearful of this powerful weapon. Ann Csincsak, 'The Bachelor' Season 13 contestant and wife of 'The Bachelorette' season 4 winner Jesse Csincsak, knows this feeling all too well.

“I grew up in a ‘no gun home,’” Ann says. “We strongly believed in the right to own firearms but never did so ourselves. Until my late twenties, I had never even touched a gun.”

This all changed when the couple faced a string of robberies in their neighborhood. Ann and Jesse agreed that with a sixteen-month-old son at home, it was time to decide how they would best defend their family but the happy couple disagreed about keeping a gun in their home. That was until they met up with Rich Wyatt, owner of Gunsmoke and star of the Discovery Channel series ‘American Guns,’ who lives near the Csincsak’s in Wheat Ridge, Colorado. Ann and Jesse opted to take Wyatt’s three-day self-defense course, which was filmed for the reality show.

Related: [‘American Guns’ Meets ‘The Bachelor’](#)

As viewers will see on this week’s episode, Ann was hesitant about buying a pair of handguns when they arrived at Wyatt’s store. But, her hesitancy soon turned to confidence when she ended up with the fastest draw time in the class. Not only that, but despite her fear of guns, Ann even beat out Jesse in a shooting competition.

“Because of this experience, I now understand the importance of being able to protect yourself,” Ann says. “Women are more vulnerable to attacks, so you have to be prepared to take care of yourself and your [children](#), no matter what the cost.”

Related: [Bachelorette Episode 6: The Dos and Dont’s of Trusting Your Gut](#)

Knowing how to handle a gun with confidence is a valuable skill to have, especially for single women who may live alone or be looking for love in today’s digital dating world. Of course, facing your fear is only the first step. To combat any uncertainty, Ann strongly recommends taking a gun

education class.

“Carrying a gun or even just owning one will always make me a little uncomfortable, but the benefit of having one far outweighs the fear,” she says.

Watch ‘American Guns’ this Wednesday at 10 PM/9 PM CT on the Discovery Channel to see what happens when Ann and Jesse meet Rich and his family at Gunsmoke.

‘American Guns’ meets ‘The Bachelor’ in Season Two



By [Whitney Baker](#)

Tonight, the Discovery Channel reloads for sixteen episodes in season two of *American Guns*. This reality television show features Rich Wyatt, a gun master and retired police officer with over 20 years of experience, and his family as they work at Gunsmoke Guns. Located in Wheat Ridge, Colorado, just outside of Denver, Gunsmoke Guns specializes in gun manufacture, trade and customization. Additionally, Wyatt, along with his son Kurt and a number of trained instructors, teach numerous shooting classes as well as a three-day self-defense course.

Jesse and Ann Csincsak, both of *The Bachelor* fame, learned firsthand the importance of taking such a self-defense class. Prior to signing up for the class, they both agreed that they needed to learn the necessary skills to protect their family. However, they disagreed about having weapons in the house: Jesse was comfortable with the idea, while Ann was against it. Jesse reached out to Wyatt, who recommended that they sign up for the course and said that he'd refund their money if Ann didn't have a change of heart.

Of the experience, Jesse shares, "The class teaches you that a gun is a tool. If you pull your gun and you own it, the bad guy is going to run in the other direction nine times out of ten. You have to present with self-confidence."

As for Ann? "My wife had the fastest draw and shoot in the class!," Jesse says.



Be sure to tune in to the premiere of the second season of *American Guns* tonight at 10 PM ET/9 PM CT on the Discovery Channel. Keep your eyes open for Jesse and Ann's experience as well, which will be featured later in the season.